MEATLESS COOKERY

MARIA McI. GILLMORE

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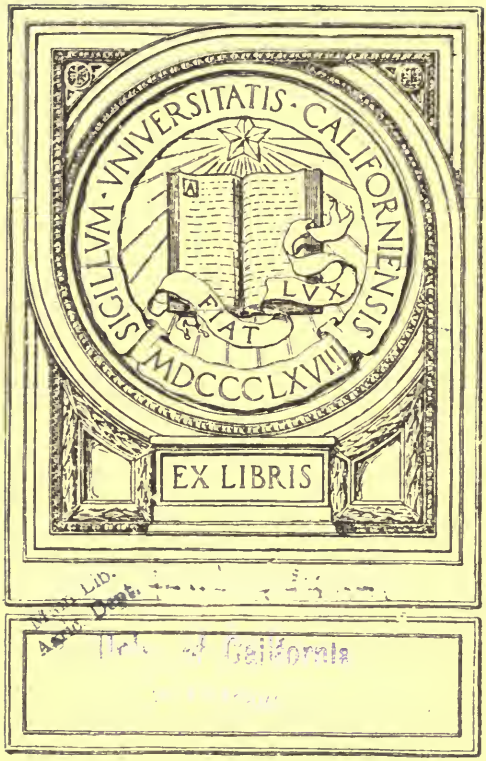
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MEATLESS COOKERY

WITH SPECIAL REFERENCE TO
DIET FOR HEART DISEASE, BLOOD PRESSURE
AND AUTOINTOXICATION

COMPILED BY
MARIA McILVAINE GILLMORE

INTRODUCTION BY
LOUIS FAUGERES BISHOP, M.D.
Clinical Professor of Heart and Circulatory Diseases
Fordham University

Health is the second blessing that we mortals are capable of:
a blessing that money cannot buy.—IZAAK WALTON.

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To

All those who are concerned in the prolongation of life
this book is hopefully dedicated

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PREFACE

Since auto-intoxication is now held to be the cause of many of the most serious diseases of humanity, too much stress cannot be laid upon the immediate necessity of looking into the question of diet and removing those foods which are responsible for the cause of ill health.

In the case of heart trouble and high blood pressure, with the accompanying deterioration of other organs, Dr. Bishop has found from prolonged observation that the offending substance most often appears in meat, eggs, fish and meat stock soups, but is not the same in all cases.

One has only to read the morning paper to note the number of men and women, unfortunately most often those living at high pressure in solving some of the problems of our complex civilization, who are cut down without warning. One must be irresponsive indeed not to be impressed by the fact that something is radically wrong in our present mode of life.

In a double sense, the way to a man's heart is by the food he is given, and the more elaborate the food, the more quickly does his heart succumb to the strain put upon it. So it falls upon the women to meet this condition, and without delay.

The insidiousness of auto-intoxication is that it runs on for some time without showing any outward effect, so that when the crash comes the years of slow poisoning must be counteracted in a few days, and the tragic part of it is, so often, it is too late.

The design of this book is to meet these conditions, and

to bring before the public an assortment of attractive recipes to compensate the epicure for the loss of those dishes which long habit and an increasingly jaded appetite demand. In its preparation much valuable material has been derived from the bulletins issued on the subject by the Department of Agriculture.

The bulletin on cheese explains from the result of scientific experiment the desirability of giving cheese an important place in one's diet. In Jonson's time, cheese was used as we use meat now, for the principal dish of the meal, but it has come to be used as a relish or side dish. And when Nature rebels against a hearty meal of proteins with cheese added, we say complacently that it was the cheese that caused the trouble, and relegate it to the list of indigestibles.

The Government report has exploded the fallacy, putting this nutritious food in its proper place, instead of an addition to a menu already heavy with proteins.

So one need not, like Nebuchadnezzar, subsist on grass alone just because meat has been condemned, for there are many delicious dishes to take its place.

A vegetable gelatine has been put on the market, which is much more delicate than the old-fashioned animal gelatine and has not the objectionable odor. There are also vegetable and nut oils to be used instead of animal fat of doubtful purity, for shortening and frying. Egg, white of egg and chicken dishes have been added at the end of the book to be at hand if they may be added to the menu.

I am indebted for many of the recipes to my friends and to patients of Dr. Bishop who have been kind enough to share with us the result of their successful experience. Also to Dr. C. F. Langworthy, expert in charge of Nutrition Investigation of the United States Department of Agriculture, who has allowed portions of his charts to be used and recipes from the bulletins. I am under especial obligation

to Miss Lenna Frances Cooper, Head Dietitian of the Battle Creek Sanitarium for recipes published in " The New Cookery."

MARIA MCILVAINE GILLMORE.

New York,
1914.

INTRODUCTION

No physician who has not tried knows how difficult it is to bridge the gap between those of technical education and those who have not been so trained.

The man with technical knowledge teaches and the untrained person seems to understand, but any test will often show that no knowledge of particular value has been imparted.

There are only a dozen writers in the English language who excel in expounding real medical knowledge in a popular way. All the rest impart only a half-knowledge that retards, rather than advances, true medicine.

So it is better that the practical application of dietetics should be taught by one who is not trammeled by intricacies of medicine and who can work backward, as it were, from domestic science, to meet the medical demands.

The demand in this case is to meet, by a very rigid diet, the needs of those who are threatened with serious disorders of the heart and blood vessels.

Many years of study have brought me back to founding the diet of heart sufferers upon the basis of the old adage, "What is one man's meat is another man's poison."

The scientific basis of this truth is a long story of profound interest involving nearly every branch of modern research, the action of germs, the chemistry of the proteins, and, curiously enough, the principles of vaccination.

It has been found that, under certain circumstances, the cells of the body become sensitive to the protein element of certain kinds of foods, and, from that time on, as long as this sensitiveness lasts, that kind of food acts as a poison

to the cells of the body. The only way to limit the damage is to exclude the offending article of food from the diet.

Another important point in the matter is, that when a person is sensitive to a particular kind of food, the cells are almost as much irritated by a little of this food as by a great deal, so that a diet, to be of much use, has to be a strict diet.

Many failures can be laid at the door of slight indulgence in the type of food to which the person is sensitive. This may happen unconsciously or because of the belief that a little will not do any harm. It is hard for an untrained person to believe that food damage can be entirely independent of any discomfort, but such is the case.

Food poisoning has generally existed for five or ten years before the heart is sufficiently damaged to cause distress on exertion.

If the person goes under the care of a competent specialist before any discomfort begins, as in those rejected by life insurance or accidentally examined, the task of the physician is very hard. It is his duty to persuade such a person that a strict diet is necessary, but the sick person does not feel any discomfort from his high blood pressure or leaking heart, and so he is in no position to appreciate any of the improvement that may result from the adherence to a diet.

On the whole, it is a fortunate thing if pain and oppression in the chest develop early in heart disease, as it gives an opportunity for treatment before the disease has advanced.

My own experience is, that heart disease and hardening of the arteries have usually existed about five years at the time the sufferer comes under observation.

This will not always be so because there is a strong move-

ment by the life insurance companies to bring about the examination at regular intervals of all persons who are insured, so as to detect the symptomless disease in time, and effect an early cure.

The things that do damage are usually found in the group including eggs, fish, meat and stock soups, but there is no definite way of determining which of these things is at fault.

This has to be accomplished by the study of each individual person, by means of the absolute withdrawal of all those things until there is an improvement in the action of the heart and blood vessels. Now one article of food, and then another is added to the diet, and it is discovered by experiment which one the person can use without a return of the disorder.

In the beginning, it may be only eggs, or fish, or meat, that is a source of irritation to the cells of the body. In persons very seriously ill with hardening of the arteries, all of these things are a source of irritation.

It is comparatively easy for a physician to say, "Don't eat any eggs," but it is very hard to conduct cooking on this basis, and the cutting out of meat makes a tremendous deficiency in the fare of most households. Stock soups and fish are also missed.

Mrs. Gillmore, in this book, has undertaken to compile the experience of persons who have honestly attempted to restore the health and prolong the lives of members of their family by providing attractive meals, which, at the same time, complied with the requirements of persons who had to consider their hearts and blood vessels.

Mrs. Gillmore has contributed to a work that will help other women in this problem, and will measurably assist in the checking of the advance of a class of diseases that is now claiming twice as many victims as it did thirty years ago

and from those who can least be spared by their families and the State.

LOUIS FAUGERES BISHOP.

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MEATLESS COOKERY

BEVERAGES

Drink of this cup; you'll find there's a spell in
Its every drop against the ills of mortality.
Talk of the cordial that sparkled for Helen!
Her cup was fiction, but this is reality.

T. MOORE.

CEREAL COFFEE

8 tablespoons cereal coffee
¼ saltspoon butter
1 quart cold water

Put the cereal into coffee pot with the cold water and butter; boil twenty minutes. Serve with sugar and hot milk or cream. It may be cooked without butter in a percolator.

COCOA

3 tablespoons cocoa
4 tablespoons sugar
1 cup boiling water
3 cups scalded milk

Scald the milk in a double boiler. Put the cocoa and sugar in a saucepan, and slowly pour on the hot water, stirring all the time. Boil five minutes, add the scalded milk; beat until foamy with an egg beater. One-half cup of cream makes the cocoa richer.

FRENCH COCOA

4 teaspoons cocoa
2 teaspoons sugar
1 cup boiling water
1 cup scalded milk

Follow the directions in the preceding recipe, boiling three minutes.

MALTED MILK COCOA

4 tablespoons Horlick's malted milk
3 cups boiling water
Sugar
4 teaspoons cocoa

Mix the malted milk powder, cocoa and water, stirring well. Boil three minutes.

CHOCOLATE

1 quart milk
2 ounces chocolate
2 tablespoons boiling water
½ tablespoon cornstarch
3 tablespoons sugar
Pinch salt

Mix the cornstarch with one-fourth cup of the milk. Put remainder of milk in double boiler. When the milk is scalded, stir in the cornstarch, and cook fifteen minutes. Grate the chocolate, and put it in a small saucepan; add sugar and water, and place the saucepan over hot water. Stir constantly until the mixture is smooth. Add the hot milk, and beat the mixture with an egg beater until frothy.

PLAIN CHOCOLATE

4 cups milk
2 ounces of chocolate
⅛ tablespoon cornstarch
3 tablespoons sugar

Follow the directions in preceding recipe.

CHOCOLATE, VIENNESE

1 quart milk
4 ounces vanilla chocolate
3 tablespoons boiling water
1 tablespoon sugar

Scald milk in a double boiler. Grate the chocolate, and put it with the sugar and water in a small saucepan; heat over hot water, stirring until smooth. Stir this mixture into the hot milk, and beat thoroughly with an egg beater. Serve with whipped cream.

CHOCOLATE MILK SHAKE

4 tablespoons chopped ice
4 tablespoons chocolate syrup
6 tablespoons whipped cream
1 cup milk
1 cup soda water or Apollinaris water

Mix and shake well before drinking. A tablespoon of vanilla ice-cream may be added.

CHOCOLATE SYRUP

2 ounces chocolate
2 cups boiling water
2 tablespoons vanilla
4 cups sugar

Put the chocolate in a saucepan, and add the water gradually, stirring all the time. Add the sugar, and stir till it begins to boil; boil three minutes, strain, cool, and add two tablespoons vanilla.

ALMOND MILK

4 ounces of sweet almonds
6 bitter almonds
Orange-flower water
1 quart of water

Blanch the almonds, and grind them in a nut mill. Pound them in a mortar a little at a time, adding occasionally a drop of orange-flower water, to prevent oiling. When they are well pounded, return them to the mortar, and pour the cold water over them, mixing well. Place a cloth over the mortar, put a plate over that, and let them stand four hours. Strain and bottle for use.

RICE MILK

2 tablespoons of rice
1 pint scalded milk
1 saltspoon salt

Soak the rice several hours, strain, and add the scalded milk and salt to the rice. Stir well, and cook slowly for one hour. Rub through a fine sieve, and dilute with more milk. Serve very cold. If preferred flavor with a half teaspoon of vanilla extract.

RUM AND MILK

1 cup of milk
1 teaspoon of sugar
1 tablespoon of brandy

Put the ingredients in a lemonade shaker or fruit jar and shake until frothy.

SHERRY OR BRANDY AND MILK

1 cup fresh milk
1 tablespoon brandy or rum
¾ teaspoon sugar
Nutmeg
Dash of salt

Prepare as "Rum and Milk." Serve in a cold glass and add a grating of nutmeg on top.

CINNAMON AND MILK

1 cup milk
Stick cinnamon
Sugar
1 teaspoon brandy

Boil the milk with a stick of cinnamon to flavor it for ten minutes and add the sugar. Serve cold with the brandy.

RICE WATER NO. 1

3 tablespoons rice
4½ cups cold water
Salt, sugar
Milk

Wash the rice thoroughly; add the cold water, and soak half an hour; heat to boiling point, and cook one hour or until the rice is tender. Strain. Season with salt and sugar.

RICE WATER NO. 2

4 tablespoons rice
1 tablespoon raisins
1½ pints boiling water

Wash the rice carefully, put it into a saucepan with the water and stoned raisins and boil gently for one hour. Strain and serve cold. Sugar or salt may be added.

BARLEY WATER

5 lemons and rind
1 cup barley
1 breakfast cup cut sugar
3 quarts boiling water

Add the water to the first three ingredients, boil two hours, let it stand until cool, then strain. The barley must be soaked several hours, and strained.

MALTED MILK WITH WINE

4 tablespoons Horlick's malted milk
2 tablespoons sherry
1 teaspoon of sugar
2 cups hot water

Mix the malted milk with enough cold water to make a smooth paste, then add gradually the hot water, wine, and the sugar.

SINGAPORE PUNCH

2 quarts boiling water
1 pound sugar
4 lemons
4 oranges
2 tangerine oranges
2 slices pineapple
1 banana
1 pint Maraschino cherries
2 dozen malaga grapes

Dissolve the sugar in the boiling water. Add the grated rind of two lemons and four oranges, and boil for 15 minutes. Strain the syrup and add one quart of cold water. Strain the juice of the lemons and oranges, and mix with two dozen Malaga grapes, cut in half and seeded, the tangerine oranges sliced, the pineapple shredded, the bananas cut in slices, and one pint of Maraschino cherries with their liquor. Add the fruit to the syrup, chill and serve.

CEYLON PUNCH

2 large teaspoons of Ceylon tea
2 quarts of boiling water
1 pound lump sugar
8 lemons
4 oranges
1 pineapple
3 bananas
1 pint strawberries

Steep the tea in the boiling water for five minutes, strain,

add the sugar. Grate the rind of the lemons, and squeeze the juice. Cut the oranges into thin slices, shred the pineapple, slice the bananas and hull the strawberries. When the tea is cold, add all the fruit, and let it stand on the ice for several hours. One cup of Maraschino cherries may be added.

FRUIT PUNCH

1½ cups sugar
1 cup hot water
1 cup orange juice
1 orange sliced
½ cup lemon juice
1 pint ginger ale
1 pint Lithia water
Maraschino cherries

Dissolve the sugar with the water and add the fruit juices. Strain into a punch bowl over large piece of ice, and just before serving, add ale, Lithia, slices of orange and the cherries.

LEMONADE

1 lemon
1 cup boiling water
2 tablespoons sugar
½ thin slice lemon

Wash the lemon and cut a very thin slice from the middle. Put the sugar in a bowl, squeeze the juice in it, remove the seeds, add the boiling water; cover, and put on ice to cool. Strain, and serve in a glass.

Cut half the slice of lemon into two pieces, and use as a garnish; or a few berries or slice of orange may be used.

FRUIT LEMONADE

Add fresh fruit of any kind to lemonade, made by the above recipe and chill on ice.

BRAN LEMONADE

¼ cup bran
Juice of 1 lemon
2 cups cold water

Let the bran and water stand overnight. Strain, and add the juice of the lemon. Chill and serve.

GRAPE LEMONADE

1 Glass

To one cup of lemonade, add one-fourth cup Welch's grape-juice.

ORANGEADE NO. 1

1 Glass

1 orange
½ cup boiling water
1 tablespoon sugar
½ slice orange

Prepare as for lemonade. If orange is not acid, add a little lemon juice.

ORANGEADE NO. 2

Put two tablespoons of crushed ice in a glass and pour the juice of one orange over it. Sweeten to taste.

FRUITADE

¼ cup grated pineapple
Juice ½ lemon
1 cup boiling water
Juice ½ orange
Sugar

Add the boiling water to the pineapple and fruit juices with one tablespoon sugar; let it stand until cool. Add more water and sugar if necessary. Strain, and serve cold.

PINEAPPLE JUICE

½ cup pineapple juice
Crushed ice
Sugar

Pour the pineapple juice over crushed ice, and serve very cold.

SODA OR APOLLINARIS LEMONADE

Juice of 1 lemon
2 tablespoons sugar
¼ teaspoon soda
¾ cup cold water

Prepare the lemonade, cool, and add the soda, stirring thoroughly.

Or Apollinaris water may be used instead of the water and soda.

PINEAPPLE LEMONADE

½ cup of pineapple juice
Juice of 1 lemon
½ cup boiling water
1 cup ice water
2 tablespoons sugar

Mix the pineapple, lemon juice and sugar, and add the boiling water. Cool, add ice-water, strain, and serve.

IRISH MOSS LEMONADE

¼ cup Irish moss
2 cups cold water
4 tablespoons lemon juice
Sugar

Pick over, and wash the moss and soak for fifteen minutes. Drain, and add the cold water; cook in a double boiler until syrupy. If it is too thick, add hot water. Strain, add the lemon juice and sugar to taste. Reheat, and serve.

RASPBERRY SHRUB

4 quarts raspberries
1 pint pear vinegar
Sugar

Pick over the raspberries, cover one half with the vinegar and let stand twenty-four hours. Strain through cheesecloth. Pour the liquor over the remaining raspberries, and let it stand twenty-four hours. Again strain through cheesecloth. To each cup of juice, add one-half pound of sugar. Heat gradually until the sugar is dissolved; then boil fifteen minutes. Bottle and cork. If too strong dilute with water.

IRISH MOSS LEMONADE WITH FIGS

½ cup Irish moss
2 cups water
4 figs finely chopped
½ cup sugar
4 tablespoons lemon juice
Grated rind 1 lemon

Heat the water and figs in a saucepan to the boiling point. Soak the Irish moss in enough cold water to cover it for three minutes; drain, and pick over. Add the moss and

other ingredients to the figs, and simmer until the moss loses its shape.

Strain, and cool.

GRAPE NECTAR

Boil one pound of sugar in one-half pint of water until it thickens; remove from the fire, and when cool add the juice of four lemons and one quart of Welch's grape juice. Let it stand several hours. Serve with ice water, Apollinaris or plain soda.

CEREALS

We cultivate literature on a little oatmeal.
SYDNEY SMITH.

ROLLED OATS MUSH

1 cup rolled oats
2 cups boiling water
½ teaspoon salt

Add the oats and salt to the boiling water stirring constantly. Boil five minutes, then steam in a double boiler two hours.

WHEATLET MUSH WITH FRUIT

6 tablespoons Wheatlet
2 cups boiling water
½ teaspoon salt
⅓ cup dates, stoned and cut in quarters

Add the Wheatlet and salt to the boiling water and cook two hours. Add dates or figs, cook two minutes more.

OATMEAL MUSH

¼ pound Scotch oatmeal
1 quart boiling water
1 teaspoon salt

Put the oatmeal and salt in a double boiler, pour on the boiling water, and cook for ten minutes, stirring all the time. Then cover and cook gently for four hours. Stir from time to time. Turn into a hot dish and serve with sugar and cream.

Apples cooked in any way may be served with oatmeal. They should be served with the mush, and sugar and cream poured over the whole.

CORNMEAL MUSH

1 cup cornmeal
1 teaspoon salt
1 cup cold water
2½ cups boiling water

Moisten the cornmeal with the cold water, and turn immediately into the actively boiling salted water. Stir constantly until the mixture is set or thickened, and cook in a double boiler three to four hours.

BUTTERMILK CORNMEAL MUSH

White cornmeal cooked in buttermilk makes a dish which resembles cottage cheese in flavor. It should be served very cold with cream. In making it, allow one part of cornmeal to six parts of buttermilk, and one teaspoon of salt to each cup of meal.

BREAKFAST CEREALS WITH CHEESE

That cheese combined with cereal foods makes a rational dish as regards the proportion of nutrients it supplies has been proved by dietitians. Cheese and some of the crisp "ready to serve" cereal breakfast foods is a combination which is common, the cheese being melted with the cereal food, or simply served with it.

There are many who relish a piece of cheese with the cooked cereal so commonly eaten for breakfast, and find such a combination satisfying to appetite and taste. Oatmeal or some other home-cooked breakfast cereal prepared with cheese is palatable, and such dishes have an advantage in that they may be served without cream and sugar. Since such a dish contains considerably more protein than the breakfast cereals as ordinarily served, it has a further advantage in that it may well serve as the principal item of a breakfast menu, instead of a preliminary to other courses. Such a combination as cereals cooked with cheese, toast, fruit, and chocolate, makes a palatable as well as nutritious breakfast.

A recipe for preparing oatmeal with cheese follows. Wheat breakfast foods, either parched or unparched, cornmeal, and hominy may be prepared in the same way.

OATMEAL WITH CHEESE

2 cups of oatmeal
1 cup of grated cheese
1 tablespoon of butter
1 scant teaspoon of salt

Cook the oatmeal as usual. Shortly before serving, stir in the butter, and add the cheese, and stir until the cheese is melted, and thoroughly blended with the cereal.

The cheese should be mild in flavor and soft in texture. The proportion of cheese used may be increased if a more pronounced cheese flavor is desired.

BOILED RICE — JAPANESE METHOD

1 cup rice
5 cups boiling water
1½ teaspoons salt

Wash the rice thoroughly by pouring boiling water over it and rinsing in several pans of cold water. To the actively boiling water add the salt and the washed rice; cover and set on the back of the stove where it will boil slowly for fifteen minutes; then place in the oven, still covered, for fifteen minutes more. At the end of this time, each grain should be soft and tender, yet whole and distinct.

GLUTEN MUSH

1½ cups gluten meal
1 quart water
1 teaspoon salt

When the water is boiling, add the salt, and stir in quickly and lightly the gluten meal. Cook a few minutes over the fire, and serve.

CREAMED GLUTEN MUSH

1½ pints milk
½ pint cream
1 cup gluten meal
1 teaspoon salt

Cook the same as for gluten mush.

HOMINY MUSH

½ cup fine hominy
3 cups boiling water
½ teaspoon salt

Put all the ingredients in a double boiler, and cook two hours. Add more water if the mush is too thick.

CREAMED HOMINY

1 pint hominy
¼ cup cream
¼ cup milk
1 tablespoon butter
½ teaspoon salt

Heat the hominy; add the milk, cream, butter and lastly the salt. Cook together five minutes, and serve. If desired, milk only may be used, in which case add an additional tablespoon of butter.

SCOTCH BRAN BROSE

1 cup rolled oats
1 cup sterilized bran
2½ cups water
1 teaspoon salt

Heat the water to boiling in a double boiler. Add the salt, bran and the rolled oats and boil ten minutes.

TO STERILIZE BRAN

Remove all foreign substances from the bran, and place in a rather shallow pan in a moderate oven. Put a pan of hot water in the oven to prevent burning. Bake half an hour, stirring the bran to prevent scorching.

FARINA

1 quart water
½ cup farina
1 teaspoon salt
1 cup milk

Heat the water to boiling in the upper part of a double boiler; add the salt; moisten the farina with the milk, taking care to stir it constantly until thick. Boil five minutes, then set in the outer boiler, and cook one hour or more. The flavor may be increased by using one-half milk.

BARLEY JELLY

3 tablespoons pearl barley ½ saltspoon salt
1 quart cold water

Soak the barley over night, drain, and add the quart of cold water and salt. Cook in a double boiler for four hours.

OAT JELLY

1 cup Rolled Oats ½ teaspoon salt
3 cups boiling water

Add the oats and salt to boiling water gradually. Boil two minutes, then steam in a double boiler forty-five minutes to one hour.

PEARL BARLEY WITH DATES

1 cup pearl barley 1 teaspoon salt
5 cups water 1 cup seeded dates

Carefully look over, and wash the barley; then cook in boiling water for ten minutes. Set in a double boiler and continue cooking for four hours.

GRAHAM MUSH WITH DATES

1 cup graham flour 1 cup dates
3 cups water 1 teaspoon salt

Have the water boiling rapidly; add the salt, and stir in the dry flour, sifting it in quite quickly. A long handled spoon should be used for stirring. Cook at least one hour. Clean the dates, remove the stones, and cut each date into quarters. Add the dates just before the mush is cooked.

BREAD, ETC.

"A loaf of bread," the Walrus said,
"Is what we chiefly need.
Pepper and vinegar beside,
Are very good indeed."

LEWIS CARROLL.

BREAD

4 pounds and 2 ounces of flour
¾ ounce of yeast
1¾ pints of water
¼ ounce of salt

A bread-mixer should be used in making this bread. Best seconds flour is better than superfine flour. The water must be warm, but not too hot to bear the hand in. Dissolve the yeast in the water; add the salt, and stir all well together. Pour the liquid into the bread-mixer. Now add the flour which must be sifted. Fasten the top on the mixer, and turn the handle for exactly three minutes. Remove the cover, and have ready a well-floured pastry-board. Take a large knife and remove the dough from the central screw, divide it into four equal parts, and place each part in a well-greased bread-tin. Let the tins stand in a warm place for one hour to rise. The plate rack above an ordinary kitchen stove is a good place. Then put them in a very moderately heated oven, and after the first twenty minutes increase the heat until it is hot, but not so hot as is required for pastry. The loaves must bake for an hour. Bread is much better baked in tins; but if tins are not used, the dough must be divided into four, and formed into round cakes and placed on the oven shelves, which must be first floured. Three-quarters of an hour to rise, and the same to bake will then be quite

long enough. Great care should be taken in weighing and measuring the quantities.

WHITE BREAD

In a quart measure, dissolve one yeast cake, add one tablespoon of salt, three tablespoons of sugar, two tablespoons melted butter. Fill the measure half milk and half water, lukewarm, and pour into bread-mixer. Add three quarts of sifted flour, and turn the handle for ten or fifteen minutes. Cover and let it rise until double in bulk; when properly risen, turn the handle a few times to collect the dough on the kneading blade, and remove to the board. This makes four loaves.

MILK BREAD

Scalded milk
½ cake compressed yeast
½ tablespoon sugar
1½ tablespoons butter
½ tablespoon of salt
1½ quarts sifted flour

Put into a pint measure the butter, salt and one-half cup of boiling water. Fill it up with scalded milk. When lukewarm, stir and pour into bread-mixer, keeping back enough of the liquid to thoroughly dissolve the yeast. Add the dissolved yeast to the other liquids in the bread-mixer and lastly, the sifted flour, slightly warmed. Knead five minutes in the mixer. Set away in a warm place for one and one-half hours or until the dough is light. Knead again for five minutes. Set away in a warm place for an hour or more until well risen. Turn upon a molding board and shape in loaves. Place in buttered pans, and put in a warm place until light. Bake in a hot oven three-fourths of an hour. Remove from the pan and place the loaves in such a position that the air will reach all sides. This will form a crisp crust. To obtain a soft crust, wrap in a cloth.

SELF-RISING BREAD

½ cup cornmeal
½ cup scalded milk
½ teaspoon salt
2 cups milk and water
2½ cups flour
2 tablespoons butter
1 tablespoon sugar
1 teaspoon salt
Flour to make a stiff dough

Scald the meal and salt with one-half cup of milk, and let it stand in a warm place over night. In the morning, set the bowl in water, as warm as the hand can bear. During the whole process keep the bread at this temperature; when this is light, add it to the remainder of the scalded milk and water which has been allowed to cool. Add the butter, sugar, salt and flour, and beat this batter thoroughly. Set it in warm water again to rise; when light, add the flour to make a stiff dough, knead well, put in pans, and when risen again, bake for about 45 minutes.

PARKER HOUSE ROLLS

2 cups scalded milk
3 tablespoons butter
2-3 teaspoons sugar
1½ teaspoons salt
1 yeast cake dissolved
¼ cup lukewarm water
About 5½ cups flour

To the hot milk, add the butter, sugar and salt. When lukewarm, add the dissolved yeast cake, and three cups of the flour. Beat thoroughly. Cover and let it rise until light. Cut down, and add about two and a half cups of flour to knead. Let it rise again. Toss on a slightly floured board. Knead and roll out to one-third inch in thickness. Cut with a large floured biscuit cutter. Dip the handle of the knife in flour, and with it make a crease through the middle of each piece. Brush one-half of each piece with melted butter, fold and press edges together. Arrange about one inch apart in buttered pans. Cover, let rise, and bake in a hot oven twelve to fifteen minutes until delicately browned.

WHOLE WHEAT BREAD

2 cups scalded milk
1 teaspoon salt
1 yeast cake dissolved in ¼ cup lukewarm water
3 cups whole wheat flour
2 cups white flour
¼ cup molasses
1 tablespoon butter

Add the sugar and salt to the milk; when lukewarm add the yeast, butter and flour. Place on a floured board and knead lightly to prevent the dough sticking to the board. Put in a warm place, and let it rise. Form into loaves and let it rise again, then bake. Add the molasses after the first raising.

BOSTON BROWN BREAD, NO 1

1 cup corn meal
1 cup rye meal
1 cup graham flour
2 cups sour milk
2½ teaspoons soda
¾ cup molasses
1 teaspoon salt

Mix and sift the dry ingredients, excepting the soda, together; dissolve the soda in the sour milk, and add the molasses. Beat thoroughly, turn into buttered tins, and steam 3½ hours.

BOSTON BROWN BREAD, NO. 2

1 cup white flour
1 cup corn meal
1 cup graham flour
1 teaspoon salt
¾ cup molasses
1¾ cups sweet milk
¾ teaspoon soda
1 teaspoon baking powder

Mix dry ingredients. To half of dry ingredients add soda, and to the other half, add molasses and milk, then the baking powder. Mix thoroughly. Add remaining dry ingredients, and steam in cans for three and one-half hours. Dry in the oven for a few minutes before serving. This makes excellent toast.

FRUIT BREAD

2¼ cups potato water or milk
3 teaspoons salt
1 tablespoon sugar
2 tablespoons butter
1 pound raisins
1 yeast cake
2 quarts flour

Dissolve the yeast cake in a little warm water. Prepare the potato water by cooking two medium-sized potatoes in a little more than a pint of water. Press through a colander, and measure. While lukewarm, add the salt, sugar, yeast, melted butter and raisins. Warm the flour slightly and add gradually to the liquid. Stir in slowly enough flour to knead well, but not enough to make a stiff dough. Keep in a warm place for one and a half hours until light. Knead and let it rise again an hour or more. Knead again lightly, and form into loaves. Let it rise in the pans about an hour then bake for forty-five minutes. If potato water is not used, the same amount of water and milk in equal quantities may be substituted.

CORN BREAD

1 cup corn meal
5 cups white flour
1 tablespoon sugar
2 teaspoons salt
2 tablespoons butter
1½ cups water and milk
½ yeast cake dissolved in ¼ cup warm water

Prepare and bake this recipe the same as for fruit bread, omitting the raisins.

SOFT GRAHAM BREAD

1½ quarts graham flour
1 pint white flour
2 teaspoons salt
1 cake compressed yeast
3 cups warm water
½ cup molasses
or
½ cup brown sugar and ¼ cup honey
1 tablespoon butter

Mix the ingredients in order given, adding sufficient warm water to make a soft dough. Beat the dough thoroughly and

set in a warm place for about three hours, until it is light. Then beat again, and turn it into bread pans, filling them half full. When the bread is risen to about three-fourths the height of the pan, bake in a moderate oven from 45 minutes to an hour. Graham bread should not rise as much as white bread.

GRAHAM BREAD

1½ cups graham flour
3 teaspoons sugar
1½ cups water
1½ cups white flour
3 teaspoons baking powder
3 tablespoons molasses
Little salt

Bake one hour. This recipe makes one loaf.

NUT BREAD

1½ cups milk
1 teaspoon salt
½ cup sugar
4 cups flour
1 cup chopped walnut meats
6 teaspoons baking powder

Put the sugar in a large bowl. Sift the flour, salt and baking powder together, and add alternately with the milk to the sugar. Lastly, fold in the chopped walnut meats, and turn into two buttered tins. Bake in a moderate oven forty minutes.

BANNOCKS

1 pound of fine oatmeal
½ ounce of baking powder
1 ounce of butter
1 teaspoon salt

Mix together the oatmeal and baking powder, rub in the butter, and make into a stiff dough with water. Roll out as thin as possible; cut into rounds with a tumbler. Butter a frying-pan, and cook a few at a time; when done on one side, turn carefully. Serve with butter or syrup. If more convenient they may be cooked on a well heated soapstone griddle and turned with a cake lifter.

SCOTCH OATEN CAKES

2 cups oatmeal
1 cup flour
½ teaspoon salt
3 tablespoons butter
½ cup or more of cold water

Sift the flour, oatmeal and salt together, and chop the butter into it. Mix with cold water into a stiff dough. Knead and roll into very thin cakes. Roll out into a round piece and cut the circle into quarters. Bake in the toasting oven directly under, but not too near, the flame, for eight to ten minutes, until delicately browned on both sides.

GOLDEN CORN CAKE

¾ cup yellow corn meal
1¼ cups flour
2 tablespoons sugar
½ teaspoon salt
1 tablespoon melted butter
1 cup milk
4 teaspoons baking powder

Sift the dry ingredients together and mix with the milk. Add the melted butter. Turn into a buttered pan, and bake in a quick oven twenty to thirty minutes.

LANCASHIRE POTATO CAKE

1 pound of mashed potatoes
½ pound of flour
2 ounces of butter
¼ pint of milk
½ teaspoon of baking powder

The potatoes should be quite dry before they are put through the potato masher. Rub the butter in the flour; then mix the potatoes and flour together. Stir in the milk, and roll out on a well-floured pastry-board about half an inch thick. Cut into cakes the size of a breakfast saucer, and bake in a quick oven. The cakes can be split and a little butter spread between, or they can be served plain. They must be sent to table very hot, and are best as a breakfast dish.

PANCAKES

½ pint of milk
2 ounces of flour
1 teaspoon baking powder
Butter

Mix the flour and baking powder together, adding the milk slowly. Put the batter aside, for at least two hours, or the pancakes will not be light. Use a six-inch frying-pan and for this size half a teacup of batter will be required and a piece of butter half the size of a walnut. Just let the butter get hot, and thoroughly grease the pan before putting in the batter. Turn with a broad-bladed knife as soon as brown, and brown on the other side. Roll when done, and sift powdered sugar over the pancakes.

BUCKWHEAT PANCAKES

4 tablespoons of buckwheat meal
½ pint of milk
2 teaspoons of baking powder

Sprinkle the meal a little at a time with the milk, and beat well for ten minutes; let it stand for one hour; then fry as ordinary pancakes in a small frying-pan that has had a well-greased piece of paper rubbed over it, or on a soap-stone griddle. Serve very hot with syrup or sugar.

DEVONSHIRE CUTROUND

8 ounces of flour
1 ounce of butter
A small teaspoon of baking powder
Little less than half a pint of water

Mix the flour, butter and baking powder together thoroughly; add the water. Roll out, and cut in rounds about one inch in thickness, with a tumbler. Bake in a quick oven and serve hot, cut in two and buttered. If each round is brushed lightly with milk it will be colored a richer brown but care must be taken that they are not burned.

FRUIT LOAF

12 ounces of sultanas
¼ teaspoon of carbonate of soda
1 pound of flour
8 ounces of Albene or oil
½ pint of milk

Rub the Albene and flour together; when well mixed, add the sultanas. Put the soda into the milk. Beat all thoroughly together; put into a well-greased baking tin, and bake in a quick oven for an hour and a quarter.

JOHNNY CAKE

1 breakfast-cup of Maize meal
1½ breakfast-cups of flour
1 teacup of sugar
1½ ounces of butter
½ teacup of milk
Baking powder

Rub the butter into the flour, add the sugar and baking-powder; add milk to the dry ingredients, forming a very thick batter. Bake in a well-greased, shallow baking-tin, in a moderately hot oven for about three-quarters of an hour. Cut open and butter while hot; or it may be eaten cold. A teacup of sultanas may be added if liked.

AERATED NUT PUFFS

1 teaspoon salt
⅓ cup cream
⅔ cup of milk
1½ cups white flour
¼ cup chopped nuts

Mix the milk, cream and salt. Dredge the nuts in a part of the flour, and add the remainder of the flour to the milk. Beat about five minutes or until the batter is smooth and light. Lastly, fold in the chopped nuts. Bake in hot buttered gem irons, taking care to fill the cups to the level. Bake in a moderate oven for about twenty minutes.

Currants, raisins or chopped dates may be used instead of the nuts. These puffs should be served hot, as they become solid when cold.

ASH CAKE

1 quart corn meal 2 teaspoons salt 1 tablespoon shortening
Boiling water

Scald the meal; add the salt and shortening, and when the mixture is cool, form it into oblong cakes, adding more water if necessary. Wrap the cakes in cabbage leaves, or place one cabbage leaf under the cakes and one over them, and cover them with hot ashes.

INDIAN MEAL BREAD

1½ cups graham flour
1 cup corn meal
½ teaspoon soda
1 teaspoon salt
½ cup molasses
1⅔ cups milk

Mix and steam as Boston brown bread.

APPLE CORN BREAD

2 cups white corn meal
2 tablespoons sugar
½ teaspoon salt
1 teaspoon cream of tartar
1⅔ cups milk
3 tart apples pared and sliced
1 teaspoon soda

Mix the dry ingredients, add milk, and beat thoroughly. Add the apples. Pour into a well-buttered shallow pan, and bake thirty minutes in hot oven.

SOUTH CAROLINA CORN BREAD

1½ quarts fine corn meal
2½ quarts wheat flour
or
2½ quarts fine corn meal
1½ quarts wheat flour
2 teaspoons salt
1 pint mashed sweet potatoes
1 cake yeast

Mix one pint each of the corn meal and the flour and add warm water enough to form a stiff batter. Add the yeast cake, mixed with a small amount of water. Keep this sponge in a warm place until it becomes light. Scald the meal with boiling water and as soon as it is cool enough add it to the sponge, with the flour, potatoes and salt. The

dough should be just thick enough to knead without danger of its sticking to the board. Experience will teach how much water to use to secure this end. Knead well, and put in a warm place to rise. When it is light, form into loaves, put into bread pans, and let it rise until its volume is doubled. Bake in a moderate oven.

It was a common, though not general, practice in New England to add cooked pumpkin to the other ingredients in making such bread as this, very much as sweet potato is used in the South. The sweet potato or pumpkin changes the flavor of the bread somewhat and apparently facilitates the rising of the dough, improves the texture of the bread, and tends to keep it moist. However, if sweet potato or pumpkin, either home cooked or canned, can not be conveniently obtained, good bread can be made without it.

GLUTEN AND CORN BREAD

2½ cups yellow or white corn meal
¾ cup gluten, rye or wheat flour, preference being in order named
½ yeast cake or 1 cake dissolved in ¼ cup lukewarm water
2 tablespoons butter
3 teaspoons salt
1 tablespoon sugar
1½ cups boiling water

Pour the corn meal into a dish of boiling water. It is not sufficient merely to pour the boiling water over the meal in a cold dish. If yellow meal is used, heat it a little in addition to pouring it into the boiling water, or mix meal and water and heat in a double boiler. When cool mix with the other ingredients and knead thoroughly. Place in a baking dish, and bake when risen sufficiently.

THIRD BREAD

2 quarts yellow corn meal
2 teaspoons salt
Boiling water
½ cup molasses
1 quart rye flour
1 yeast cake

Mix the corn meal and salt and pour over them enough boiling water to moisten the mixture but not to make a batter. When cool add the molasses and the yeast mixed with a little water. Add the rye flour to the corn meal mixture gradually, alternating it, if necessary, with lukewarm water in order to keep the dough thin enough to be stirred with a spoon. Let it rise until light, form into a loaf, and bake in a slow oven four or five hours.

ZUÑI INDIAN BREAD

1 cup white corn meal
1 cup yellow corn meal
1 cup water
1 teaspoon salt
⅛ teaspoon cayenne
1 cup chopped butter

Mix all well together; form into rolls about five inches long; roll in greased paper, and bake in a moderate oven one hour. Serve hot. The Indians roll these cakes in husks of corn.

FRUIT GEMS

1 cup corn meal
1 cup milk
1 teaspoon salt
½ cup raisins
½ cup Zante raisins
½ cup cream
1 teaspoon baking powder

Cook the meal and salt in the milk for a few minutes. When cool add the baking powder, and beat thoroughly. Add the fruit and cream, and bake in well buttered muffin tins.

CRISP CORN MEAL CAKE

1 cup milk
½ teaspoon salt
½ cup white corn meal

Mix the ingredients and heat slowly until the boiling point is reached. It is not necessary to stir. Spread on a shallow buttered pan to a depth of about one-fourth of an inch. Bake in a moderate oven until crisp.

PARCHED CORN MEAL BISCUITS

1 cup yellow corn meal
2 cups peanut cream
2 teaspoons salt

Put the meal into a shallow pan, and heat in the oven until it is a delicate brown, stirring frequently. Make the nut cream by mixing peanut butter with cold water and heating. It should be the consistency of thick cream. While the nut cream is hot, stir in the corn meal which should be hot. Beat thoroughly. The mixture should be of such consistency that it can be dropped from a spoon. Bake in small cakes on a greased pan.

If preferred, these biscuits may be made with cream or with butter in place of peanut cream, and chopped raisins may be added, one cup being the allowance for the quantities given above.

BEATEN CORN BREAD

¾ cup white corn meal
¾ cup white flour
1 teaspoon sugar
½ teaspoon salt
1 tablespoon butter
Water

Mix and sift the dry ingredients and rub the butter thoroughly into the mixture by means of a fork. Add a little water, enough to moisten the mixture throughout, but not too much, as it must be crumbly. Spread on a board, and beat thoroughly with a rolling pin or mallet, as is done with beaten biscuits, folding it over frequently to introduce air. Roll out about one-half inch thick, cut into small pieces, and bake in a moderate oven. In camp this can be baked in a hot greased pan propped up before a hot fire. When cooked there should be a layer of custard on top of the cake or small bits of custard distributed through it.

A patent beating machine is now on the market which gives the same result as a rolling-pin with a greater saving of time and muscle. Serve the bread hot with plenty of butter.

CORN MEAL ROLLS

1½ cups wheat flour
¾ cup corn meal
3 teaspoons baking powder
½ cup milk
1 teaspoon salt
2 tablespoons butter

Sift together the flour, baking powder and salt, and mix with the meal. Rub the butter into the dry ingredients; add the milk to the dry ingredients. Add more milk if necessary to make a soft dough. Roll out on a floured board, handling lightly. Cut with a round biscuit cutter, fold like Parker House rolls, and bake in a quick oven.

POP-OVERS

2 cups flour
½ teaspoon salt
2 cups milk
1 tablespoon melted butter
2 tablespoons baking powder

Sift the salt and flour and baking powder; add the milk gradually, stirring constantly to get a smooth batter. Add the butter and beat two minutes. Turn into a hot buttered gem pan, and bake twenty minutes in a hot oven.

CREAM CRISPS

2 cups graham flour
2 cups white flour
2 tablespoons sugar
1½ cups cream
1 teaspoon salt

Sift the flour, salt and sugar together in a bowl; pour the cream into the flour slowly, a few spoons at a time, mixing each spoon to a dough with the flour as fast as poured in. When all the liquid has been added, gather the fragments of dough together. Knead thoroughly for from five to ten minutes; roll very thin; cut in two inch lengths. Prick with a fork, and bake in a moderate oven.

Serve hot with butter. Any that are left over can be reheated in the oven.

CORN PONE

1 pint cornmeal
1¼ cups boiling water
1 teaspoon sugar
½ teaspoon salt
2 tablespoons butter

Dissolve the sugar and salt in the water; work the butter into the cornmeal, then add the boiling water; cover and stand ten minutes; shape into oblong cakes two and one-half inches long. Bake in a quick oven twenty to thirty minutes.

HOE CAKE

1 pint yellow cornmeal
¼ cup sugar
1 pint milk
2 tablespoons butter
½ teaspoon salt

Mix the dry ingredients together with the butter. Scald the milk and pour into the meal, stirring constantly. Cook directly over the fire until thickened. Drop by spoonfuls on a buttered pan, and bake in a hot oven until evenly browned.

BEATEN BISCUITS

1 quart pastry flour
½ cup butter
1 teaspoon salt
½ cup of water or milk

Sift the flour and salt together, and work in the butter. Moisten with sufficient ice water to form a stiff dough. Place on a floured board, and beat with the rolling pin thirty minutes, taking care to fold the dough over every few seconds, or pass the dough through a beaten biscuit machine for twenty minutes, folding each time the dough is passed through. Roll to one-third inch in thickness, cut into little round cakes with biscuit-cutter, and prick with a fork. Place in pie tins or on baking sheets, and bake in a moderate oven twenty to thirty minutes. These biscuits are made successfully by hand by the cooks in the South but as a general rule the use of the beating machine is more satisfactory.

VANILLA BISCUITS

4 ounces of flour
4 ounces of pine kernels
1 ounce of sugar
2 ounces of butter
1 teaspoon of baking powder
2 drops of essence of vanilla

Put the pine kernels twice through a nut mill. Rub the butter into the flour free from lumps, add the sugar and ground pine kernels, and then the baking powder and vanilla, and mix all together thoroughly. Roll out a moderately thin paste, cut into rounds, and bake in a quick oven ten to fifteen minutes.

BAKING POWDER BISCUITS

2 cups flour
4 teaspoons baking powder
2 tablespoons butter
1 cup milk or water
1 teaspoon salt

Sift dry ingredients twice, cut in the butter with a knife. Stir in gradually the liquid; mix as soft as can be handled. Put the dough on a well-floured board, pat lightly to one inch thickness, cut with biscuit cutter, put on a buttered tin, and bake in a hot oven for 20 minutes. Put a little milk on top of each biscuit before baking to make them brown well.

CREAM BISCUITS

2 cups flour
2 tablespoons butter
¾ to 1 cup of milk
4 teaspoons baking powder
½ teaspoon salt

Mix the dry ingredients, and sift. Work in the butter, add the liquids gradually, mixing with a knife to a soft dough. Place on a floured board, shape with a biscuit cutter and bake in a buttered pan in a hot oven twelve or fifteen minutes.

A richer color is obtained by brushing the top of the biscuits lightly with milk before putting in the oven.

FRUIT BISCUITS

2 cups of flour
½ teaspoon salt
2 tablespoons sugar
2 tablespoons butter
⅔ cup milk
2 teaspoons citron finely chopped
⅓ teaspoon cinnamon
⅓ cup seeded raisins finely chopped
4 teaspoons baking powder

Mix the flour, butter, salt, milk, and baking powder the same as for cream biscuit.

Roll to one-fourth inch thickness, and spread with soft butter not included in the recipe. Sprinkle with sugar, cinnamon and fruit, and roll like a jelly roll. Cut in three-quarter inch slices, place in a buttered tin, bake in a hot oven fifteen to twenty minutes. Chopped raisins may be used in place of the currants.

GRAHAM HURRY-UPS

1 cup white flour
1 cup graham flour
2 tablespoons melted butter
⅞ cup milk
½ teaspoon salt
4 teaspoons baking powder

Sift the salt, graham flour, white flour and baking powder together. Return the bran, which is removed by the sifting, to the flour, looking over it carefully to remove any foreign substances. Rub the butter into the flour, pour the milk into the flour mixture and mix all together. Drop by dessertspoonfuls on an oiled pan, and bake in a hot oven about twelve minutes.

BUNS

1 cup milk
½ cup sugar
2 cups flour
¼ teaspoon salt
¼ yeast cake
¼ cup warm water

Make a sponge of these ingredients. Beat thoroughly, and when light, add flour to make a soft dough, but one which will not stick to the board. Knead, and let it rise until it is twice its original size; then add: —

½ cup butter softened
½ cup currants
¼ teaspoon cinnamon and nutmeg

Let it rise until light, then shape into small round cakes, and place them in a buttered pan; when light, bake in a moderate oven forty minutes. When the cakes have baked for fifteen minutes, glaze with a mixture of milk and sugar, 1 tablespoon sugar, one-quarter cup of milk, and repeat this every five minutes.

If desired, the currants and spices may be omitted.

CINNAMON BUNS

Use the bun dough, and roll one-quarter of an inch thick. Spread with: —

½ cup butter softened
1 cup currants
2 tablespoons cinnamon
1 cup brown sugar

Roll the dough as in making jelly roll, and cut into slices one inch thick. Place in well-greased pans, with cut surfaces up. When very light, bake in a moderate oven forty-five minutes. If the buns are desired quite moist, brush them over, after fifteen minutes' baking, with molasses. Repeat this every ten minutes until finished baking.

Care must be taken not to burn the molasses; the oven should be cooler after the molasses is used.

NUT BUNS

½ cup milk
1 teaspoon salt
1 cup white flour
2 tablespoons sugar
½ cake compressed yeast
2 tablespoons warm water

Scald the milk, cool to lukewarm. Dissolve the yeast in the warm water. To the warm milk add the salt, sugar, dissolved yeast cake and the flour. Set in a warm place, and let rise an hour or more, or until light and foamy, then add the two tablespoons melted butter, one-half cup chopped nuts and about one and one-half cups flour. Knead thoroughly.

Let rise about one and one-half hours, or until light. Shape into buns. Brush the tops of the buns with melted butter and sprinkle with sugar and chopped nuts. Let rise again until light and bake in a quick oven.

MUFFINS

2 cups bread flour
2 teaspoons baking powder
1 cup milk
2 tablespoons melted butter
1 teaspoon salt

Mix and sift the dry ingredients, add the milk slowly and the melted butter. Bake in moderate oven in buttered gem pans. Let them stand in the oven after baking, with the door ajar, that the crust may be dry and crisp.

BLUEBERRY MUFFINS

1 cup fresh blueberries
2 tablespoons butter
2 tablespoons sugar
¾ cup milk
2 cups sifted flour
½ teaspoon salt
4 teaspoons baking powder

Sift the baking powder, flour and salt together. Cream the butter and sugar. Add the milk and the dry ingredients alternately. At the last fold in the blueberries.

DATE MUFFINS

¼ cup butter
¼ cup sugar
¾ cup milk
2 cups white flour
½ teaspoon salt
½ pound dates
4 teaspoons baking powder

Put the dates in cold water. Remove the seeds, and then wash in hot water. Cut in small pieces. Currants or raisins may be used if preferred. Sift the baking powder, salt and flour together. Cream the butter and sugar. Add the milk and the flour alternately, and lastly, fold in the chopped dates. Bake in buttered muffin tins twenty to twenty-five minutes in hot oven.

RICE MUFFINS

2¼ cups flour
¾ cup hot cooked rice
2 tablespoons melted butter
1 cup milk
½ teaspoon salt
5 teaspoons baking powder
2 tablespoons sugar

Mix and sift the flour, baking powder, sugar and salt together. Add the milk to the dry ingredients. Mix thoroughly. Add the butter and fold in the rice; it will take a scant quarter of a cup of raw rice to make three-quarters of a cup of boiled rice. Turn into buttered gem pans, and bake in a quick oven twenty to thirty minutes.

RAISED MUFFINS

1 pint of milk scalded
½ yeast-cake
2 tablespoons butter
½ teaspoon salt
2½ cups of flour
¼ cup warm water

Scald the milk, add the butter, sugar and salt. When lukewarm, add the yeast dissolved in quarter of a cup of lukewarm water. Stir in enough flour to bake a drop batter, cover with a cloth, place it in a warm place to rise over night. In the morning, stir it, and pour into greased muffin-rings on a hot soapstone griddle, filling the rings half full of batter. Turn the muffins with a pancake turner, and bake them on both sides until a thin brown crust is formed.

SALLY LUNN

1 quart of flour
1 tablespoon baking powder
1 tablespoon butter
1 quart warm milk
2 tablespoons sugar
Pinch of salt

Sift flour and baking powder together, then stir in the milk in which the butter has been melted. If too stiff, add milk until it is as light as a cup cake batter. Bake in a quick oven.

BRAN GEMS

1 cup sterilized bran
1 cup graham flour
⅞ cup milk
1 teaspoon salt
1 tablespoon sugar
3 teaspoons baking powder
3 tablespoons melted butter

Mix the bran, flour, baking powder, salt and sugar together. Add the milk to the dry ingredients. Mix well, and add the melted butter. Turn into buttered muffin pans, and bake in a hot oven twenty to thirty minutes.

BRAN MUFFINS NO. 1

1 cup flour
1 teaspoon soda
½ teaspoon salt
2 cups bran
1 cup milk
2½ tablespoons molasses

Mix and sift flour, soda and salt. Add bran, molasses and milk. Bake in hot buttered gem pans twenty minutes.

BRAN MUFFINS NO. 2

2 cups bran
1 cup flour
1 teaspoon soda
½ cup butter
3 tablespoons molasses
1½ cups sour milk
1 teaspoon salt

Sift the dry ingredients, rub in the butter; add molasses and sour milk; put into hot muffin pans and bake in a hot oven about twenty minutes.

FRUIT BRAN MUFFINS

2 tablespoons molasses
2 cups milk
1 cup bran
¼ cup English walnut meats
1 cup entire wheat flour
1 teaspoon salt
3 teaspoons baking powder
¼ cup raisins

Mix molasses, milk, bran, flour, salt, baking powder, nut meats broken in pieces, and raisins cut in pieces. Bake in a hot oven in muffin tins for thirty minutes.

SCONES NO. 1

2 cups of flour
2 ounces of butter
1 teaspoon baking powder
½ pint of milk

Rub the butter and flour together, mix in the baking powder thoroughly, then add the milk. Make into a smooth dough, and roll out about three-quarters of an inch thick—make any shape or size required—put them immediately into a moderate oven, and bake for twenty minutes.

SCONES NO. 2

4 ounces of butter
2 cups of flour
1½ teaspoons of baking powder
A pinch of salt
½ pint of milk

Rub the butter and flour together, and add the baking powder, salt and milk. Mix all together thoroughly, and make into cakes about half an inch thick, any shape desired, and bake about twenty minutes.

SCOTCH SCONES

3 tumblers of flour
1 tumbler of sweet milk
1 teaspoon carbonate of soda
1 teaspoon of butter
1 teaspoon cream of tartar

Mix the cream of tartar and soda with the flour, rub in the butter, and add the milk last. Roll out lightly, shape into rounds, and bake in a quick oven for fifteen or twenty minutes. Cut open, and butter. To be eaten hot or toasted.

SODA SCONES

1 pound of flour
½ pint of milk
½ teaspoon soda
½ teaspoon tartaric acid
2 ounces of butter

Rub the tartaric acid and soda in the flour, and put them through a sieve; work in the butter; make a hole in the middle of the flour, and pour in the milk, mixing as quickly as

possible. Roll out, about an inch thick, and cut into rounds the size of a pudding plate, and then into eight wedge-shaped divisions.

OAT WAFERS

1 cup Rolled Oats
1 cup wheat preparation
1 cup flour
1 tablespoon sugar
1 teaspoon salt
2 tablespoons butter
Warm water

Mix the dry ingredients. Work in the butter and add enough water to hold the ingredients together. Place on a floured board and roll as thinly as possible. Shape with a cutter or cut in strips, using a sharp knife. Bake on a buttered sheet in a slow oven until delicately browned.

CHEESE CAKES

3 tablespoons butter
4 tablespoons flour
1 teaspoon salt
Few grains cayenne
4 tablespoons grated American cheese

Melt the butter, add the flour, and stir until well mixed; then add the grated cheese. Season with salt and cayenne. Drop from tip of spoon on a buttered sheet one inch apart, and bake in a moderate oven.

CHEESE BISCUITS NO. 1

2 cups of flour
4 teaspoons of baking powder
2 tablespoons of butter
½ teaspoon salt
Grated cheese sufficient to give desired flavor
1 cup of milk

Mix all the ingredients, excepting the cheese, as for baking powder biscuits. Roll thin, divide into two parts, sprinkle one half with grated cheese, lay the other half of the dough over the cheese, cut with a small cutter, and bake. The oven should be hot enough to bake the biscuits quickly.

CHEESE BISCUITS NO. 2

¼ pound of soft cheese
2 cups of flour
4 teaspoons of baking powder
1 teaspoon of salt
1 cup of water

Mix and sift the dry ingredients, then work in the cheese with a fork, and add the water slowly. Place the dough on a floured board, roll out, and cut with a biscuit cutter. Put in a buttered pan and bake in a quick oven from twelve to fifteen minutes. The biscuit may be sprinkled with cheese before being put into the oven.

CHEESE DROPS

2½ tablespoons milk
1 teaspoon of butter
2 tablespoons of Parmesan cheese
¼ teaspoon of salt
1¼ cups of flour

Heat the butter and milk to boiling point, add the flour and salt, and stir thoroughly. Remove from the fire, add the cheese, and stir until well mixed. When cold, drop in small pieces in deep hot oil, and brown.

CHEESE STRAWS NO. 1

4 ounces of flour
2 ounces of grated cheese
A pinch each of cayenne, pounded mace and salt
2 ounces of butter

Rub the butter into the flour. Mix the cheese and the other ingredients well together. Add as much water as will form a stiff paste. Roll out about a quarter of an inch thick. Cut into fingers four inches long and half an inch wide. Bake them for five minutes in a hot oven, and serve cold.

CHEESE STRAWS NO. 2

2 ounces of Cheddar cheese
2 ounces of Parmesan cheese
2 ounces of flour
2 ounces of butter
Pepper

Grate the cheese, add the flour, beat the butter to a cream,

and add to the cheese and flour, with the seasoning. Mix well together, and roll about a quarter of an inch thick. Cut into fingers, and bake ten minutes.

CHEESE STRAWS NO. 3

1 cup flour — ¼ teaspoon salt
¼ cup butter — ½ cup ice water
1 ounce of cheese

Make plain pastry of the flour, butter, salt and ice water. Roll the pastry out to one-fourth inch in thickness. Spread one half of it with grated cheese. Press the edges firmly together. Fold again, and roll to one-fourth inch in thickness. Sprinkle one half with cheese, and proceed as before. Repeat this process once more. Cut into strips about five inches long and one-fourth inch wide. Bake in quite a hot oven about eight minutes.

FRIED PASTE

When paste, made according to any of the recipes, has been kept two or three days, and it is not required for tarts, etc., a very nice dish can be made by rolling it out three-quarters of an inch thick, and stamping it into small rounds, and frying these in oil. The oil must not be quite so hot as for general frying. Test it by throwing in a bit of bread, and put in the paste as soon as the bread crisps, and before the oil is hot enough to brown it, then the paste will be done perfectly.

The rounds of pastry should have sugar sifted over them, and be piled on a dish paper. Any stewed fruit may be served with them.

PASTE PUFF FOR TARTS, ETC.

1 pound of flour — ½ pound of butter
1 teaspoon of baking powder

Divide the butter into three portions. Put the flour into

a bowl, and mix the baking powder thoroughly with it, first, however, taking out three tablespoons for working the pastry. Rub one portion of the butter into the flour, and mix it with as little of the water as will make the paste smooth. Roll this out until it is an inch thick, then divide into halves. Put one half aside, and roll out the other until it is very thin, less than a quarter of an inch in thickness. Break up the second portion of the butter into small bits, and lay these over the paste, leaving a margin of quite an inch to allow for the butter spreading in rolling. Dredge with flour, and fold in three, then roll out until the paste is an inch thick. Treat the other half in exactly the same manner, using the third portion of the butter. When this is done, place the two pieces on top of one another, and roll out until half an inch thick. Now fold the paste, and place it between two dishes and put it aside in a cool place until next day.

When rolling out the paste for tarts, take care to keep it one way of the grain. If in using the cuttings they are placed straight, one on top of the other, the last bit of paste will be as light and flaky as the first used.

PASTE PUFF, OLD RECIPE

1 pound of flour 1 pound of butter
A teaspoon of baking powder

Take three ounces of flour from the pound, to use for working up the paste, and put the remainder in a bowl, mixing it well with the baking-powder. Divide the butter into four portions, and rub one into the flour; then mix with as much water as will make a perfectly smooth paste. Now roll out the paste to the thickness of a shilling, and break up the butter into bits the size of a hazel-nut, placing them over the paste. Dredge lightly with some of the flour taken out for working. Be careful to leave a margin of an inch to allow for the butter spreading in rolling. Fold the paste into four, and roll out

again to the thickness of a shilling. Repeat these directions exactly, in working in the third and fourth parts of the butter. When all the butter has been used fold the paste into three, and once again lengthwise. Lay it in a deep dish, and cover closely, letting it stand in a cool place for at least twelve hours. This paste will keep two or three days without baking unless the weather is very hot. Be very careful in making up the paste into tartlets, tarts, etc., to keep it the way of the grain in rolling out or as flakes lie. The cuttings if placed flat, one on top of the other, and rolled out, will then be just as light and flaky as when rolled out at first. Some cooks spoil quite a quarter of the paste in making tartlets, etc., by not observing this rule, for if the cuttings are gathered up carelessly in the hand, and made into a ball, and then rolled out, all the work of the cook is spoiled, for paste treated so will be very little better than ordinary short-paste.

PASTE FOR BOILED PUDDINGS

1 pound of flour
6 ounces of butter
1 heaping teaspoon of baking powder
Water

Take out two large tablespoons of the flour to work up the paste, and mix the rest with the baking-powder. When these have been well-mixed, rub in the butter, and stir in as much water as will make a rather stiff paste. Flour a pastry-board, and roll out the paste to half an inch in thickness. Fold the pastry in three, and roll out again, when it will be ready for use. Keep the board and rolling-pin well floured with the flour that was taken from the pound at first. This pastry can be used equally well for either fruit or vegetable pies. If the paste is to be kept several days before using it should be wrapped in a napkin and put in a cool place so no crust will be formed. In making paste everything should be cold and the dough handled as little as possible.

BATTER

4 ounces of flour ¼ pint tepid water
1 tablespoon of salad oil

Mix the oil and flour together, and make into a smooth batter with the water.

BATTER FOR FRYING SAVORIES

½ pint of milk 2 ounces of flour
½ teaspoon of baking powder

Mix the milk and flour very smoothly together, adding the milk a little at a time until it is all used; stir in the salt. The batter must always be mixed at least three hours before it is required or it will not be light. Add the baking powder just before the batter is used, and be careful to mix it very thoroughly.

BATTER FOR FRYING SWEETS

4 ounces of flour ½ ounce of sugar
1 ounce of butter 1 gill of water

Mix the flour with a quarter of a pint of cold water to a smooth paste. Dissolve the butter in a saucepan; then stir in the flour and the water. Add the sugar last. It is then ready for use.

ROUX BROWN AND WHITE FOR THICKENING

1 pound 2 ounces of flour 1 pound of butter

See that the flour is thoroughly dry, and then sift it. Squeeze the butter in a cloth to remove all moisture. Now put the butter in an enameled stewpan, and let it stand on the stove until it runs to oil. It is necessary to heat the oiled butter so that the scum will rise, but care must be taken that it does not get too hot. When all the scum has been removed, the stewpan should be put in a cooler part of the stove, so that the sediment may settle. Skim off the

froth very carefully, and pour the oil in a basin, leaving the sediment at the bottom of the stewpan. Remove the sediment from the stewpan, and pour back the oil — now clarified butter — and sprinkle in the flour gradually, stirring all the time. Put the stewpan on a slow fire, turned low, and stir continually with a wooden spoon. Keep scraping the bottom of the pan to prevent mixture burning; be very careful about the scraping or the stirring, or the roux will be spoiled. As soon as the mixture begins to color a very little, put half of it into a jar for white roux. It must not turn more than a cream color, as it is intended to thicken white soups and white sauces. Now return the saucepan to the fire, and continue the stirring and scraping until the remaining roux has become a bright brown. Be careful that it does not get too dark; a light chocolate color is the correct shade. Immediately the roux is dark enough, remove it from the stove at once, but continue stirring for some minutes, as enameled stewpans retain the heat after they have been removed from the fire, and the mixture would burn if the stirring was discontinued at once. Have ready a large slice of onion, and throw it into the roux, if there is any fear that it is getting too dark; this checks the heat at once. This is brown roux for thickening brown soups and gravies. It will keep for weeks, and although the process seems rather troublesome, it really in the end saves time.

In using the roux it is best to scrape off the quantity you require with a spoon, and not add it to the soups and sauces in a lump.

SOUPS

I hold my tongue to tell the truth,
And keep my breath to cool my broth.

JOHN BYROM.

BARLEY STOCK

2 ounces barley
1 quart water
½ teaspoon salt

Put the barley, water and salt into a saucepan. Bring to the boiling point. Skim and simmer gently for one hour. Strain.

BUTTER-BEAN STOCK

½ pound butter beans
3 quarts water
1 teaspoon salt
1 ounce onion
1 ounce carrot
1 ounce celery

Wash the beans, and soak them in one quart of water all night. Skin them, and tie them up in a muslin. Put them into a saucepan with the skins and the water in which they were soaked, and two quarts besides. Add the salt, bringing to a boiling point. Skim, and add the vegetables. Boil gently for two hours. Take out the beans, strain, and the stock is ready for use.

STOCK FOR CLEAR SOUP

1 pound butter beans
2 quarts water
6 ounces onions
4 ounces leeks
6 ounces turnips
6 ounces carrots
2 ounces celery
1 ounce parsley
2 teaspoons salt
1 bay-leaf
1 teaspoon dried herbs
2 ounces butter

Wash the beans, and soak all night in three pints of water.

Cut up the carrots, turnips, onions, celery, leeks, and parsley, into small pieces, and fry in the butter. Add the beans, the water in which they were soaked, the salt, and the herbs and bay-leaf tied up in muslin. Bring slowly to boiling point; then add the remaining pint of water, and simmer for two hours. Strain through a hair sieve, and leave until the next day.

GERMAN LENTIL STOCK

½ pound German lentils
3 pints water
4 ounces carrot
1 teaspoon celery seed
1 ounce butter
1 teaspoon salt
4 ounces onion

Soak the lentils all night, then put them in a muslin bag. Cut the carrot and onion into small pieces, and fry in the butter till brown. Add the lentils and the water in which they were soaked, the salt and celery-seed. Boil for two hours; then strain.

LENTIL STOCK

½ pound lentils
3 quarts cold water
Small piece of bay-leaf
1 teaspoon salt
1 onion

Wash the lentils; soak them in one quart of water all night. Tie them in muslin, and put them into a saucepan, with the water in which they were soaked, two quarts besides, and add the salt. Bring to boiling point; skim. Add the onion and bay-leaf; boil for two hours. Take out the lentils, strain, and it is ready for use.

CELERY SOUP

1 head of celery
½ ounce chopped onion
1 pint milk
½ ounce of butter
1 pint boiling water
½ ounce flour

Cut the celery into small pieces, and cook it for five minutes in the butter with the onion. Add the water, and boil

until the celery is tender. Rub through a hairsieve. Mix the flour smoothly with a little of the milk, add the rest of the milk to the celery, and boil. Stir in the flour and cook for ten minutes. Season, and serve.

CREAM OF CELERY SOUP NO. 1

1½ cups diced celery
1½ pints water
½ teaspoon salt
1 pint white sauce

Cook the diced celery in the salted water, until tender. The quantity of celery and liquid should equal one and ½ pints. To this mixture add one pint of white sauce, made as follows: —

WHITE SAUCE

4 tablespoons flour
4 tablespoons butter
1 teaspoon salt
1 cup hot milk

Rub together the butter and the flour, adding gradually the hot milk. Cook this white sauce in a double boiler for ten to fifteen minutes. Add salt.

CREAM OF CELERY SOUP NO. 2

8 stalks celery
2 cups boiling water
Salt, pepper
1 tablespoon butter
1 tablespoon flour
3 cups milk

Wash, and scrape the celery, and cut into small pieces, add the water, and cook until very tender. Renew the water if it boils away. Mash the celery in the water in which it was cooked.

Scald the milk. Melt the butter in a saucepan, add the flour, and pour in slowly the scalded milk. Cook thoroughly, stirring constantly.

Mix this sauce with the celery, season to taste; strain, and serve immediately with croûtons.

CREAM OF RICE SOUP NO. 1

¼ cup rice
2 cups water
2 slices of onion
1½ teaspoons salt
3 cups milk
1 tablespoon butter
¼ teaspoon almond extract

Add the rice and onion to the boiling water. Cook until tender; then rub through the colander. Add the butter and hot milk. Reheat, season with salt and almond, and serve.

CREAM OF RICE SOUP NO. 2

1 small cup of rice
3 cups milk
3 tablespoons butter
1 small onion
Stalk celery
1 bay leaf
Salt
Pepper

Scald the milk, add the well washed rice, and cook in double boiler thirty minutes, covered closely.

Melt the butter in sauté pan, add the sliced onion, and cook until tender, taking care not to let it brown. Add the celery diced, and turn into the scalded milk; add the bay leaf, cover, and let stand on back of range fifteen minutes. Strain, season with salt and pepper, reheat, and serve.

CREAM OF OKRA SOUP

1 cup canned okra
½ cup strained tomato
1 cup water
⅔ cup cream
1 teaspoon brown sugar
1 teaspoon grated onion
3 tablespoons Japanese Soy
1 tablespoon flour

Cook together the strained tomato, water and Soy. Add the okra, and heat. Strain through a colander. Add grated onion, brown sugar and the flour moistened with a little cold water. Heat the cream, add to the soup before serving. After the flour is added the soup should be cooked until the raw taste of the starch is gone.

CREAM OF ASPARAGUS SOUP NO. 1

Drain the liquid from a one-pint can of asparagus; wash by letting cold water run over it, and put the stalks through a colander, making one cup of purée. Make a white sauce of the following ingredients: —

2 cups milk
2 tablespoons butter
2 tablespoons flour
1 teaspoon salt

Add the hot purée slowly to the hot white sauce, stirring constantly.

CREAM OF ASPARAGUS SOUP NO. 2

1 bundle asparagus
4 cups milk
3 tablespoons flour
Salt, pepper
2 tablespoons butter

Wash the asparagus, and cook in boiling salted water, boiling gently thirty minutes. Take from the water, cut off the tips, and put them into the serving dish; press the remainder through a colander.

Scald the milk, melt the butter, add the flour, and pour on gradually the scalded milk. Cook thoroughly, stirring frequently.

Add the two mixtures, reheat, season to taste, strain over tips, and serve at once.

ASPARAGUS SOUP

½ pound asparagus
1 ounce butter
1 quart boiling water
1¼ ounces crême de riz
½ pint milk
1 teaspoon salt
Pepper

Trim, and scrape the asparagus, and cut off the heads. Cut the rest up roughly, and sauté in butter for five minutes. Add the boiling water, and salt; cook until tender. Rub through the sieve. Return to the saucepan, add the asparagus heads, and boil for ten minutes. Mix the crême de riz

with the milk; add it to the soup; cook for twenty minutes; add a little pepper, and a little more salt if necessary.

CREAM OF CORN SOUP NO. 1

1 can of corn
1 quart milk
2 teaspoons salt
3 tablespoons flour
3 tablespoons butter

Turn the corn into a saucepan, adding a little water, and cook gently over the fire for a few minutes. Prepare a white sauce of the milk, flour, butter and salt. Turn the corn into the white sauce, and cook together for a few minutes.

CREAM OF CORN SOUP NO. 2

1 cup corn
2 cups cold water
1 slice onion
2 cups milk
1 tablespoon flour
1 tablespoon butter
Salt, pepper

Chop the corn, add water, and let it simmer twenty-five minutes; then rub through a sieve.

Scald the milk with the onion; then remove the onion. Melt the butter, add the flour, and gradually pour on the milk.

Mix the sauce with the corn; cook thoroughly, season to taste with salt and pepper. Serve hot.

MULLIGATAWNY SOUP

¾ pound butter beans
1 ounce carrots, turnips, and celery
3 pints water
1 teaspoon salt
2 ounces chopped Spanish onion
Parsley
3 ounces chopped apple
3 ounces sliced tomato
1 teaspoon curry powder
2 teaspoons lemon juice
½ ounce cornflour
½ pint milk

Soak the beans all night in water; put them on to cook; when boiling, add the carrots, turnip, and celery. Cook

until the beans are tender; then remove the carrot. Fry the onion in the butter, with the bay-leaf and parsley. Add the apples and tomato; sprinkle over the curry-powder. Stir over the fire for a few minutes, taking care that it does not burn; then add the curry-paste, chutney, flour and lemon juice. Add the butter beans, etc., and cook slowly for one hour. Rub through a sieve. Reheat and serve with boiled rice.

MACARONI SOUP

Fry one-half pound of chopped onions in one or two ounces of butter until brown. Place in the pan, together with four ounces of macaroni broken into inch lengths, one-quarter teaspoon salt, water, and cook one hour. Add one quart of milk and seasoning. Boil for ten minutes and serve. Strain if desired.

ITALIAN SOUP

Half a pound each of turnips, carrots, onions, one-quarter pound of macaroni, one small beet, one ounce of parsley, two ounces butter, and one pint milk. Slice the vegetables, except the beet; boil them in the water; break the macaroni in small pieces, and boil it in the milk. When the vegetables and macaroni are cooking, mix them. Add the parsley and the beet, previously boiled and cut up small, adding the butter and seasoning. Heat and serve.

PALESTINE SOUP

½ can corn
1 quart milk
2 slices onion
3 tablespoons flour
1 cup water
½ can tomatoes
¼ teaspoon soda
½ cup butter
2 teaspoons salt
⅛ teaspoon pepper

Scald the milk with the corn and onion. Mix the flour and water to form a smooth paste, and add the scalded milk.

Cook twenty minutes, stirring constantly until the mixture thickens; rub through a sieve. Cook the tomatoes ten minutes, add soda, and rub through a sieve. Combine the mixtures, add butter bit by bit, and seasonings.

JULIENNE SOUP

Cut some carrots, turnips, onions, celery and leeks into thin strips, using twice as many turnips and carrots. Dry them, and then fry slowly in two ounces of butter until brown. Add two quarts of water, and simmer until tender. Season with salt, paprika, and a teaspoon of sugar. Add some chopped chervil or parsley and serve with croûtons.

PEA SOUP

1 pint canned peas
1 pint water
1 teaspoon salt
1 tablespoon butter
1 tablespoon flour
1 slice onion
1 sprig mint

Drain the peas through a colander. Add the water. Rub together the flour and butter and moisten with a little water. Add this to the peas, and cook with the onion and mint for about fifteen minutes. Season and serve. Celery salt may be substituted for the onion if desired.

GREEN PEA SOUP

2 pounds peas
1 quart bean stock
1 ounce butter
1 spinach leaf
Pepper and salt
1 teaspoon cornflour
1 gill milk
1 gill cream
1 onion

Shell the peas, wash and string the pods, and put them into a saucepan, with one quart of boiling stock. Cook for thirty minutes, and then strain.

Put the butter into the saucepan, add the peas and spinach leaf. Sauté these for about five minutes; then add the

stock the pods were cooked in, and cook until the peas are tender. Rub through a hair-sieve. Return to the saucepan, and add the pepper and salt. Add the cornflour mixed with the milk; boil for five minutes. Then add the cream, and serve.

CREAM OF GREEN PEA SOUP

1 pint green peas
1 quart water
1 pint milk
2 tablespoons butter
2 tablespoons flour
1 teaspoon salt
1 teaspoon sugar
1 slice onion

Wash the peas, and cook in the boiling water with the onion until soft; then mash through a colander, and add to the liquid in which they are cooked. Make a white sauce of the butter, flour and milk, and add to the mashed peas. Add the salt and sugar, and cook five minutes.

CREAM OF PEA SOUP

1 can peas
2 teaspoons sugar
1 pint cold water
1 pint milk
2 tablespoons butter
1 tablespoon flour
Salt and pepper

Drain the peas from their liquor, rinse thoroughly, add sugar and cold water, and simmer twenty minutes. Rub through a sieve.

Scald the milk. Melt the butter, add the flour, and pour on gradually the scalding milk. Cook thoroughly, stirring carefully. Add to the pea stock, reheat and serve.

CREAM OF SCOTCH PEA SOUP

½ cup Scotch peas
1 quart water
3 tablespoons butter
2 tablespoons flour
2 cups milk
1½ teaspoons salt
1 tablespoon sugar

Cook the peas six hours until tender in the quart of water. Rub through the colander. Add water sufficient

to make one pint of purée. Heat the milk in a double boiler. Prepare a white sauce, made by rubbing together the butter, flour and a little warm milk. The white sauce should cook about ten minutes in a double boiler; then add it to the body of the soup.

After the white sauce and purée have cooked for a few moments, add the salt and sugar, and serve.

CREAM OF SPLIT PEA SOUP

1 cup split peas
2½ quarts water
2 tablespoons chopped onions
3 tablespoons butter
2 tablespoons flour
1½ teaspoons salt
1 pint milk

Wash the peas, and soak them over night in cold water. Drain, and rinse thoroughly, adding two and one-half quarts of cold water and the onion. Cook slowly until soft, and press through a strainer. Make a white sauce of the remaining ingredients, and add to the above. Cook together five minutes.

SPLIT PEA PURÉE

1 pint vegetable stock
1 cup dried split peas
2 tablespoons flour
4 tablespoons butter
1½ teaspoons salt
1 quart water

To prepare the vegetable stock, take one-half cup chopped turnips, one-half cup celery, one-half cup sliced potatoes, one-half cup chopped onion, and one-half cup chopped carrots. Cook these vegetables in plenty of water to cover till tender; drain off the liquid, of which there should be a pint. If necessary add water enough to make this quantity. Soak the split peas over night, and simmer in water to cover until soft. Press the peas through a colander, and add the vegetable broth and water to make one quart. Rub the flour and butter together, and pour over it slowly the hot liquids. Cook five minutes. Add seasoning and serve.

BEAN SOUP

1 cup white beans
1 quart water
2 tablespoons butter
1½ teaspoons salt
1 tablespoon flour
1 teaspoon onion salt

Soak the beans in cold water over night. Cook slowly in soft water for four or five hours or until the beans are perfectly tender. Put them through a colander; rub the butter, flour and salt together. Pour a little of the warm liquid over this, stirring while so doing, and then turn this into the remainder of the hot liquid. Add seasoning. Cook five to ten minutes. This should make one quart when finished. If lacking in quantity, add water sufficient to make one quart. Celery salt may be used in place of onion if preferred.

CREAM OF BEAN SOUP

1 cup white beans
1½ quarts water
2 teaspoons salt
2 tablespoons butter
2 tablespoons flour
2 cups milk or milk and cream
1 teaspoon onion salt

Soak the beans over night. Drain, and cook in one and a half quarts of boiling water. When tender, rub through a colander, and add to the liquid in which they were cooked. Make a white sauce of the flour, butter, milk and cream. Then add the seasoning, and add to the mashed beans. Cook together five minutes, and serve.

CREAM OF LIMA BEAN SOUP

1 cup lima beans
1 quart water
2 cups milk
1 tablespoon butter
1 tablespoon flour
1 teaspoon salt
¼ teaspoon onion salt

Soak the beans in cold water over night. Cook in a quart of boiling water. Let it simmer until the beans are perfectly tender; then press through a colander. Make a

white sauce of the milk, flour, butter and salt. Add the bean purée and enough water to make one quart of soup. Add the salt and onion just before serving.

BUTTER BEAN SOUP

½ pound butter beans
1 quart cold water
4 ounces Spanish onions
4 ounces turnips
3 ounces carrots
2 stalks celery
½ ounce butter
½ ounce flour
½ pint milk
Salt and pepper

Wash the beans, and soak them all night in the water. Put them into a saucepan, and when boiling, add the other vegetables and one-half teaspoon salt. Cook until the beans are tender — about two hours. Remove the carrot, turnip, onion and celery, and rub the beans through a sieve. Melt the butter, mix the flour, add the milk, and cook for ten minutes. Add the beans; bring to boiling point. Season, and serve.

CARROT SOUP NO. 1

1 pound carrots
½ ounce onions
1 ounce butter
½ ounce flour
1 pint milk
Salt and pepper
1 pint boiling water

Cut the carrots and onions into small pieces, and cook them in the butter for five minutes. Add the water; cook until the vegetables are tender. Rub through a hair sieve. Return to a saucepan. Mix the flour smoothly with a little of the milk, add the rest of the milk to the carrot, etc., and boil. When boiling, add the flour. Cook for ten minutes. Season and serve.

This soup is very delicate if made of the proper consistency. If too thick add more milk until it is as thick as rich cream. Put a few croûtons in each plate.

CARROT SOUP NO. 2

12 ounces carrots
4 ounces onions
2 ounces leeks
8 ounces turnips
4 ounces celery
1 ounce butter
1 quart stock
1½ ounces crême de riz
½ pint milk
½ gill cream
Bouquet of herbs

Cut the vegetables into slices, using only the red part of the carrot, and fry in the butter to a golden brown. Add the stock, and cook for one and one-half hours. Mix the crême de riz with a little milk, and add it; cook for twenty minutes. Rub through a hair sieve. Return to the saucepan with the milk, and boil up. Add the cream to the soup, taking care not to curdle. Cook for a few minutes. Season and serve.

SPINACH SOUP NO. 1

1 quart liquid from boiled spinach
1 ounce butter
½ pint milk
1 ounce flour

Melt the butter; stir in the flour, add the milk gradually, mix well, and cook for ten minutes. Add the spinach liquid; boil. Season and serve.

SPINACH SOUP NO. 2

1 pound spinach
1 quart boiling water
1½ ounces flour
½ pint milk
1½ ounces butter

Wash, and pick the spinach; put it into the boiling water with a little salt. Boil with the lid off till the spinach is tender — about ten minutes. Rub through a hair sieve. Melt the butter in a saucepan; stir in the flour, and add the milk gradually. Cook for five minutes. Add the spinach purée. Boil. Season and serve.

SPINACH SOUP NO. 3

1 cup chopped cooked spinach
1 quart white stock
2 tablespoons butter
3 tablespoons flour
1 cup milk
Salt, pepper

Add spinach to the stock, heat to boiling point, and rub through a sieve. Thicken with butter and flour cooked together, add milk and seasonings, reheat, strain and serve.

CAULIFLOWER SOUP NO. 1

1 cup cooked cauliflower
3 cups white stock
2 cups milk
2 tablespoons butter
2 tablespoons flour
Salt, pepper

Make same as spinach soup.

CAULIFLOWER SOUP NO. 2

1 cauliflower, about one pound
2 pints barley stock
1 ounce butter
1 ounce flour
1½ pints milk
Salt and pepper
Grated cheese if desired

Prepare the cauliflower, and cut it into small pieces; cook in boiling water for five minutes; strain. Put the cauliflower into a saucepan with the barley stock, which should be boiling. Cook until tender; then rub through a sieve. Melt the butter in a saucepan, stir in the flour, add the milk and cauliflower purée, stirring all the time until it boils. Cook for five minutes. Add the seasoning of pepper and salt and cheese.

VEGETABLE SOUP

¼ cup diced potato
¼ cup diced carrots
¼ cup diced turnips
¼ cup chopped cabbage
2 tablespoons diced onion
2 tablespoons butter
1 cup strained tomatoes
2 cups water
1½ tablespoons caramelized sugar
1½ teaspoons salt

Wash and dice the potatoes, carrots and turnips and chop the cabbage. Cook all the vegetables in the two cups of

water until they are tender. Add the strained tomato and water, sufficient to make one quart. Add caramelized sugar, made by putting the sugar in a pan; stir constantly over the fire until melted to a syrup of a rich brown color. Add gradually enough boiling water to dissolve the caramel, and add to the soup. Season and serve.

THICK VEGETABLE SOUP

¼ cup dried split peas
¼ cup dried white beans
1 cup dried potatoes
½ cup diced vegetable oysters
1½ cups cut celery
½ cup diced turnips
½ cup diced carrots
1 cup strained tomatoes
2 tablespoons butter
1 tablespoon chopped parsley
1½ teaspoons salt

Soak the peas and beans over night. Cook them in sufficient water to cover until tender. Add the other vegetables, and cook until all are tender. Add water to make one and one-half quarts of soup, then add salt and butter, and serve.

WHITE VEGETABLE SOUP

½ pound turnips
½ pound carrots
4 sticks of celery
1 ounce butter
½ bay leaf
1 pint boiling stock
1 pint boiling water
½ pint milk
1 ounce flour
Pepper and salt

Cut the vegetables into long shreds, and cook them in the butter for five minutes. Add the bay leaf, stock and water, and cook gently until the vegetables are tender. Mix the flour smoothly with the milk, add it to the soup, and cook for ten minutes. Remove the bay leaf, add the seasoning, and serve.

Care should be taken to cook the vegetables the proper length of time so they will be tender but not mushy. A teaspoon of sugar may be added if desired.

VEGETABLE BOUILLON

2 cups sliced tomatoes
2⅔ cups sliced carrots
⅔ cup sliced turnips
½ cup dried peas
1 teaspoon salt
3 quarts water

Soak the dried peas over night. Then put to cook in cold water, letting it come slowly to the boiling point. Simmer for four hours or until the peas are thoroughly softened. Pare, and slice the turnips and carrots, and add to the peas about one hour and a half before they have finished cooking. Pare the potatoes, and slice, and add them to the peas and other ingredients a half hour before they are finished cooking. When all are tender, drain off the liquid, which should equal one quart in quantity. If there is not this quantity, add sufficient water to make one quart. If desired, one tablespoon Japanese sauce or Soy may be added. To each serving add a tablespoon small string beans cut into short lengths.

VEGETABLE CONSOMMÉ WITH PEAS

½ cup diced carrots
⅓ cup diced turnips
⅓ cup chopped cabbage
⅓ cup chopped celery
⅓ cup sliced potatoes
⅓ cup sweet potatoes
⅓ cup chopped onions

Bring the vegetables to a boil in one quart of water. Then cook in double boiler three hours. Reserve potatoes until one-half hour before serving. Add one and one-third cups bean stock, salt, season with thyme, add one teaspoon butter, and serve. To each serving, add a dessertspoon of canned peas. This makes one quart soup.

Soak one cup of beans in one quart of water over night. Put to cook in the same water in which they were soaked, and cook until thoroughly softened. Let them stand until settled; then strain off the clear liquid. Season with salt and pepper before adding to the vegetables. There should be

one and one-third cups of it. If deficient in quantity, add sufficient water to make this amount.

CREAM OF BARLEY SOUP

¼ cup barley
⅓ pint cream
⅔ pint milk
3 cups water
1 teaspoon salt

Soak the barley a few hours or over night. Drain, and cook in three cups of water. When tender, take out one-third of the barley. Put the remainder through a colander, add the cream and milk and the remaining one-third of the barley. Reheat, add salt, and serve.

If cream is not obtainable, a thin white sauce may be used instead. A little onion or celery salt may be added for seasoning if desired.

BARLEY SOUP

½ cup pearl barley
1 cup strained tomatoes
or
⅓ cup condensed tomatoes
1 quart water
2 teaspoons salt
2 tablespoons Japanese Soy
2 tablespoons butter
1 tablespoon flour
1 tablespoon sugar
1 bay leaf
½ teaspoon celery salt

Cook the barley in the boiling, salted water together with the strained tomato and bay leaf until tender, keeping covered while cooking. Add the celery salt, sugar and Soy. Blend the flour and butter. Pour a little of the hot soup into them, stirring meanwhile; then turn back into the remainder of the ingredients, and cook five minutes.

BARLEY BROTH

Boil half a pound of barley gently three hours in five and a half quarts of water, with diced vegetables as, three medium sized carrots, same quantity of turnips, and potatoes, a dessertspoon of brown sugar and a large onion. Add

chopped parsley and seasoning before serving. Be careful not to let the barley burn; if too much water boils away before the vegetables are soft, add a little more boiling water at once. Barley takes a long time to cook thoroughly, therefore this length of time in preparation is necessary. About three-quarters of a pint of milk added just before serving improves it.

TOMATO AND BARLEY SOUP

2 pounds fresh tomatoes
2 ounces butter
2 quarts water
1 teacup of pearl barley
4 ounces onions
Salt, pepper

Brown the butter, put in the onions cut in small pieces, and fry until tender, and then add 2 quarts of boiling water; add the tomatoes peeled by scalding them, and the barley, and cook four hours. Strain. Some milk added a few minutes before serving improves it.

SCOTCH BROTH

3 ounces barley
3 pints water
4 peppercorns
½ teaspoon salt
1 ounce carrots
1 ounce turnips
1 ounce onions or leeks
1 ounce celery
¼ pint peas — fresh or bottled
3 teaspoons chopped parsley

Put the barley, water, peppercorns and salt into a saucepan, and boil for one hour. Put the water and two tablespoons of the barley back into the saucepan. Cut the carrot, turnip and onion into small dice, and the celery and leek into small slices, and add them, with the peas, to the barley, etc. Cook until the vegetables are tender. Add the parsley, and serve.

If bottled peas are used, they should not be added until the vegetables are tender.

SEA KALE SOUP

1 pound seakale
1 ounce butter
1 pint milk
½ gill cream
1 pint boiling water
Pepper and salt

Wash, and trim the sea kale, cut it into small pieces, and cook for five minutes in the butter. Add the water, and bring to boiling point. Add the milk, and cook until the seakale is tender — about one hour. Add the cream to the soup. Cook for a few minutes. Season and serve.

SEA KALE PURÉE

1 pound seakale
½ ounce butter
1 pint boiling water
½ ounce flour
1 pint milk

Cut the sea kale into small pieces, and cook in the butter for five minutes. Add the water, and cook until the seakale is tender. Rub through a sieve. Mix the flour smoothly with a little cold milk. Put the rest of the milk and the seakale into a saucepan; when boiling, add the flour. Cook for ten minutes, season and serve.

SEMOLINA SOUP

1½ pints lentil stock
1½ ounces semolina
Salt

Put the stock into a saucepan; when boiling, sprinkle in the semolina. Cook for twenty minutes. Season and serve.

MANHATTAN SOUP

1 quart vegetable bouillon
4 tablespoons flour slightly browned
3 tablespoons butter
½ cup cream
½ cup whipped cream

Rub the flour and butter together. Heat the vegetable bouillon, and pour slowly over the flour and butter, stirring

constantly. Boil five minutes, add the cream, and reheat. Serve in bouillon cups. Beat the whipping cream until stiff, and season with a few grains of salt; also one-fourth teaspoon sugar. Serve a spoon of the seasoned whipped cream on top of each serving of bouillon.

TOMATO AND CELERY SOUP

1 cup celery cut into half-inch pieces
1 pint water
1 quart tomatoes
1 tablespoon sugar
2 teaspoons salt
1½ tablespoons flour
2 tablespoons butter
1 bay leaf

Rub the contents of a quart can of tomatoes through a colander. Boil together the celery, water, strained tomato, bay leaf, sugar and salt. When celery is tender, bind the ingredients by rubbing the flour and butter together and pouring over it a little at a time, some of the warm — not scalding — soup. When thoroughly blended, stir into the remainder of the soup, and cook. Boil gently for five minutes. Remove the bay leaf; add sufficient water to make one and one-half quarts soup.

CREOLE SOUP

½ quart can tomatoes
or
¾ cup condensed tomatoes
2 tablespoons rice
1 small turnip
1 small carrot
1 large onion
2 cups water
1 tablespoon butter
2 teaspoons salt

Peel, and slice the turnip, carrot and onion. Cook these vegetables with the rice, tomato and salt, in the water. When the vegetables are tender, rub all through a colander. Add the butter, and, if necessary, water sufficient to make one quart. Season with paprika and cayenne and heat thoroughly before serving.

OKRA SOUP

2 cups canned okra
2 cups water
2 teaspoons grated onion
4 tablespoons Japanese Soy
1½ cups strained tomatoes

Rub the okra through a colander. Heat the okra and other ingredients, and serve.

ARTICHOKE SOUP

1½ pounds artichokes
1½ ounces butter
1 quart water or water in which artichokes were boiled
1 pint milk
1 ounce flour
Seasoning of pepper and salt

Wash, and peel the artichokes, and cut them into small pieces. Sauté them in butter for five minutes; add the boiling water, and cook until the artichokes are tender — about twenty minutes. Rub through a hair-sieve; return to the saucepan. Mix the flour smoothly with a little of the milk, and add it to the soup when boiling; and cook for five minutes. Add the rest of the milk. Season and serve.

CABBAGE SOUP

1 cabbage shredded
1 tablespoon chopped parsley
1 pint milk
1½ tablespoons semolina
1½ ounces butter
2 small onions
1½ pints boiling water
½ teaspoon salt
¼ teaspoon pepper

Remove the outer leaves from the cabbage; cut it in half, and soak in cold water one hour, then cut out the stalk, shred the cabbage finely, and put into the saucepan with the boiling water, the milk, the onion, the parsley chopped very fine, the butter, pepper and salt.

Let these come to the boiling point, and cook for one hour; sprinkle in the semolina, stirring constantly, and then boil ten minutes longer. Serve very hot with toasted bread, cut

in squares. This soup is improved by straining, then put in a saucepan and reheat.

LEEK SOUP

½ pound leeks
½ pound potatoes
1 quart boiling water
Salt and pepper
1 ounce butter

Wash, and trim the leeks, and cut them into slices. Cut the potatoes into pieces about the size of a small walnut. Cook the vegetables for five minutes in the butter. Add the water, and cook until the leeks are tender and the potatoes break up — about one hour. Season and serve.

LENTIL PURÉE

½ pound lentils Egyptian or German
¼ pound Spanish onions
3 ounces carrots
2 sticks celery
½ ounce butter
1 quart cold water
Pepper and salt
½ ounce flour
½ pint milk
¼ pound turnips

Wash the lentils, and soak all night in the water. Prepare the vegetables, and cut them up. Cook for five minutes in the butter, add the lentils, the water in which they were soaked and salt. Bring to boiling point, skim, and simmer for two hours. Rub through a hair-sieve. Return to the saucepan, and bring to the boiling point. Mix the flour smoothly with the milk, add it to the soup, and cook for ten minutes. Season and serve.

LENTIL SOUP

1 cup dried lentils
2 teaspoons salt
1 tablespoon butter
1 tablespoon flour
1 tablespoon lemon juice
2 slices onion
1 small bay leaf
1½ quarts water

Put the lentils, bay leaf and onion to boil in the water, and cook slowly for three hours or until tender. Then put

through a colander. Rub the flour and butter together, and stir in a little of the soup; then add this to the whole of the mixture, and boil five minutes. Add the salt and lemon juice just before serving. This should make one quart of soup. If not, add water sufficient to make this quantity.

CREAM OF LENTIL SOUP

1 cup dry lentils
3 cups water
3 tablespoons flour
3 tablespoons butter
2 cups milk
2 teaspoons salt

Soak the lentils for several hours in three cups of water. Cook two to three hours. When tender, rub through the colander, and, if necessary, add hot water sufficient to make one pint of purée. Make a white sauce of the butter, flour and milk, and add gradually to the lentil purée, reheat, salt and serve. This makes one quart.

CREAM OF CRECY SOUP

3 medium-sized carrots, sliced, 1⅓ cups
1 cup water
2 cups milk
1 tablespoon flour
½ cup cream
1 slice onion — ⅛-inch thick
1 bay leaf
1 teaspoon salt

Cook carrots in water. Steep bay leaf and onion in the milk and cream in double boiler. Remove onion and bay leaf, and thicken with flour. Put carrots through colander, and add to the thickened milk and cream. One potato with it relieves the strong taste. Parsley may be added.

BEET SOUP

1 pound cooked beets
2 ounces celery
2 ounces onion
1 ounce carrot
1 ounce butter
½ pint water
1½ pints milk
2 ounces flour

Cut the beetroot into small pieces, and cook with the other vegetables in the butter for five minutes. Add the

water, and cook for thirty minutes. Remove the onion, celery, and carrot, and rub the beetroot through a hair-sieve. Mix the flour smoothly with a little milk, and boil the rest. Stir in the flour, and cook for ten minutes. Add the beetroot; boil up. Season and serve.

RUSSIAN BEET SOUP

1 cup beet pulp
1 cup cream
2½ cups water
1 tablespoon cornflour
1 tablespoon sugar
1½ teaspoons salt
4 teaspoons lemon juice

Cook three medium-sized beets until tender, put them through a colander, add the cream, water, sugar and salt, and put in the double boiler. To the flour add a cup of hot liquid from the double boiler, stirring constantly to make a smooth paste. Return to double boiler, and stir until it thickens slightly. Remove from the fire, and add the lemon by spoonfuls.

ALMOND SOUP

4 ounces of almonds
1 quart of milk
6 cloves, 1 small blade of mace
2 ounces of butter
2 dozen white peppercorns
1 tablespoon of flour
4 ounces of onions

Put the milk in a saucepan with the cloves, mace and peppercorns; bring it to the boiling-point, and let it simmer.

Chop the onions, and fry them in the butter until tender but not brown. Add them to the milk, and let it boil again; then let it simmer for half an hour; strain, and cool.

Blanch the almonds, put them through a nut mill; then pound in a mortar, adding one drop of water occasionally to prevent oiling. Add the cool milk, a little at a time, to the almond paste, mixing it as smoothly as possible.

Now boil the soup, stirring constantly. Thicken with

either a tablespoon of white roux or a tablespoon of cornflour. Boil, and serve with croûtons.

CREAM OF ALMOND SOUP

¼ cup rice
2 quarts hot milk
1 quart boiling water
½ pound shelled almonds
1 tablespoon sugar
1 cup cold water
2 teaspoons salt

Wash the rice thoroughly by pouring boiling water over it to dissolve the polish; finish with cold water. Add the rice to the boiling water, and let boil actively for twelve to fifteen minutes; then drain off the water, and add the partially cooked rice to the hot milk. Cook three-quarters of an hour. Blanch the almonds by throwing them into boiling water for about one minute or until the skin loosens from the nuts. Place them between towels. Rub vigorously to remove skin. Place the blanched almonds in a mortar, and pound them with a pestle. Add a little cold water from time to time. If a mortar and pestle are not obtainable, a wooden chopping bowl and potato masher will suffice. When the nuts have been reduced to a paste, add to the rice and milk; then add the sugar and salt. A few drops of almond flavoring may be used instead of the almonds.

CREAM OF DASHEEN SOUP

6 medium-sized dasheens
1 pint milk
½ cup cream
2 teaspoons salt
¼ teaspoon onion salt

Clean the dasheen by removing the coarse, fibrous covering. Wash, and put to cook in boiling water. When tender, which will require twenty to twenty-five minutes' cooking, remove from the water, peel, and mash through a colander. Add the hot milk and cream slowly, and heat to the boiling point. Add the salt and onion salt. One tablespoon butter and one-half cup milk may be used in place of

the cream. It will then be advisable to add a little flour for thickening.

CREAM OF VEGETABLE OYSTER SOUP NO. 1

1½ cups diced vegetable oysters
2 cups water
1½ teaspoons salt
1 cup cream
2 cups milk

Cook the vegetable oysters in the boiling, salted water. When tender, take one-third of them, and put the remainder through the colander. Add to this purée the diced vegetable oysters. Heat the milk and cream in the double boiler, and add to the hot purée. Salt, and serve at once.

An additional cup, scant, of milk and two tablespoons of butter may be used in place of the cream if desired.

CREAM OF VEGETABLE OYSTER SOUP NO. 2

1⅓ cups sliced vegetable oysters
2 cups water
1½ teaspoons salt
3 tablespoons flour
3 tablespoons butter
2 cups milk

Cook the vegetable oysters in two cups water. Take out one-third of them. Put the remainder through the colander, and add this pulp to the sliced vegetable oysters. Add the white sauce, made by rubbing together the butter and flour until smooth, and adding the warm milk slowly. Add salt, and cook for ten minutes in a double boiler. After combining the white sauce with the vegetable oysters, measure, and add water sufficient to make one quart.

CREAM OF BROWNED ONION SOUP

4 medium-sized onions
3 tablespoons slightly browned flour
1 cup water
3 tablespoons butter
2 cups milk
1¼ teaspoons salt

Slice the onions, and put in a buttered pan. Add a little water, cover, and put in the oven, covered. When the on-

ions are tender, remove the cover, and brown. Rub the browned onions through a colander, add the water, and the white sauce, made by adding the hot milk to the butter and slightly browned flour rubbed together until smooth. The white sauce should cook ten minutes in a double boiler before it is added to the onion. Reheat the soup, salt and serve. This makes one quart.

ONION SOUP

½ pound Spanish onions
1½ ounces butter
½ pint barley stock
1 ounce patent groats
1 quart milk
Salt and pepper

Cut the onion into thin slices, and fry it in the butter to a golden brown. Add the barley stock, and cook for twenty minutes. Mix the groats smoothly with a little of the milk, and boil the rest. When boiling, add the groats, and boil for ten minutes. Add to the onion. Season and serve.

CREAM OF ONION SOUP

4 onions
2 cups milk
3 tablespoons butter
2 tablespoons flour
1 cup water

Cut the onions in small pieces, and cook in the milk and water. Melt the butter, add flour, adding gradually to the milk mixture. Season with salt and pepper, and strain.

TOMATO SOUP NO. 1

½ can tomatoes
or
1 pound fresh tomatoes
1 quart butter-bean stock
½ ounce tapioca
½ teaspoon sugar
Pepper and salt
Cheese-balls

Put the tomatoes and stock into a saucepan, and boil for fifteen minutes; if fresh tomatoes are used, they should be sliced. Rub through a sieve. Return to the saucepan, and

bring to boiling point. Add the tapioca, and cook for half an hour. Season, and serve with cheese-balls.

TOMATO SOUP NO. 2

½ can tomatoes
or
1 pound fresh tomatoes
½ ounce chopped onion
1 ounce butter
1 pint milk
½ ounce flour
½ teaspoon sugar
Salt and pepper
1 pint boiling water

Melt the butter in a saucepan, and cook the onion in it for five minutes. Add the tomatoes and water, and cook for thirty minutes. If fresh tomatoes are used, they should be sliced and cooked in the butter with the onion. Run the tomatoes through a sieve. Mix the flour smoothly with a little of the milk, and put the rest into the saucepan. When boiling, add the flour, and cook for ten minutes. Add the tomato, and boil. Season and serve.

CREAM OF TOMATO SOUP

1 can tomatoes
⅓ cup butter
⅓ cup flour
3 teaspoons salt
1 quart milk

Cover, and stew the tomatoes slowly one-half hour to an hour; add speck of soda, and rub through a strainer. Make a white sauce, and add the strained tomato slowly. One-third cream instead of all milk may be used, and adds to the flavor. When cream is used, two tablespoons of butter is all that is necessary.

Condensed tomato may be used advantageously in this recipe, in which case use one and one-quarter cups condensed tomato and an equal quantity of water. It is not necessary to cook this before adding to the white sauce, except to bring it to the boiling point. The pinch of soda must be added, however, to counteract the acidity of the tomatoes.

TOMATO BISQUE

1 quart can tomatoes
1 pint water
2 teaspoons salt
1½ tablespoons sugar
3 two-inch sticks cinnamon
3 slices lemon
1 tablespoon butter
3 tablespoons flour
1 cup cream

Cook the tomato, sugar, cinnamon, lemon and salt together for twenty minutes. Put through a colander, and bind with the butter and flour. Boil five minutes; add the hot cream, and serve at once.

If preferred, bay leaf and onion may be used for seasoning in preference to the cinnamon and lemon.

Condensed tomato may be used in this recipe, in which case use one and one-quarter cups of condensed tomatoes and an additional two and one-half cups water.

MOCK BISQUE SOUP

2 cups tomatoes
1 saltspoon soda
4 cups milk
2 tablespoons butter
3 tablespoons flour or cornstarch
Salt and pepper

Steam the tomatoes until soft enough to strain the juice; strain, add soda, and allow gases to pass off. This prevents the tomato curdling the milk.

Scald the milk; melt the butter, add the flour, and pour on gradually the scalding milk. Cook thoroughly, stirring carefully.

Add the tomatoes to the milk, reheat and season to taste; strain, and serve immediately with crackers or croûtons.

CHESTNUT FLOUR SOUP

1 quart of milk
4 ounces of prepared chestnut flour
1 small onion
2 tablespoons cream

Boil the milk with the onion in a double saucepan for one hour. Mix the chestnut flour to a smooth paste with the

cold milk, and add it to the boiling milk; let it simmer for 30 minutes. Remove the onion and add the cream.

CREAM OF CHESTNUT SOUP

2 cups mashed chestnuts
4 tablespoons butter
4 tablespoons flour
6 cups milk
1½ teaspoons salt

Prepare the chestnuts by immersing in boiling water, and cooking for ten minutes. Remove them from the hot water a few at a time, and with a sharp paring knife quickly remove both skins. Mash them through a colander. Make of the remaining ingredients a white sauce. Add the mashed chestnuts. Reheat, and serve.

CHESTNUT SOUP NO. 1

1 quart of milk
1 pound of chestnuts
2 bay leaves
1 gill cream
Pepper and salt

Put the chestnuts into boiling water, and let them boil for 45 minutes; remove the shells and skins, and press through a sieve. Stir them into the boiling milk in a double saucepan, with pepper, salt and bay leaves; add the cream, and serve with croûtons.

CHESTNUT SOUP NO. 2

1 pound chestnuts
1 quart milk
½ ounce butter
6 cloves
3 ounces of onions
1 dozen white peppercorns

Bake the chestnuts either on the stove or in a hot oven until the skins are easily removed, which will be in ten minutes or less. Remove the skins, and drop them into a saucepan, in which the milk, with the peppercorn and cloves — tied in a bit of muslin — has already been heated. Place the saucepan on the stove where the milk will keep hot without boiling.

Slice the onion very thin, and fry it in the butter until tender; being careful that it does not brown. Add it to the milk, and let it simmer until the chestnuts are tender, which will be in about one-half hour. Remove the muslin containing the cloves and peppercorns, and rub all through a sieve. Return to the saucepan, and thicken with a tablespoon of cornflour.

BROWN POTATO SOUP

One pound of potatoes, ½ pound of onions, both chopped and browned in butter in a frying pan; then place in a saucepan with one quart of water, and one or two celery stalks. Simmer for half an hour, then press through a strainer. Season with salt, pepper and lemon juice; add a tablespoon of butter; more water or milk may be added if the soup is too thick; reheat and serve with croûtons.

CREAM OF POTATO SOUP NO. 1

4 cups milk
1 onion
1 cup mashed potato
2 tablespoons flour
1 teaspoon salt
2 tablespoons butter
Pepper

Scald milk with onion in it, remove onion, and add milk slowly to the mashed potatoes. Melt the butter, add the flour, and pour on gradually the hot mixture. Cook thoroughly, and season to taste. A little celery salt may be added, and finely chopped parsley sprinkled over top of soup.

CREAM OF POTATO SOUP NO. 2

2 large or 3 medium-sized potatoes
1 pint milk
½ cup cream
2 teaspoons salt

Scrub the potatoes, pare, slice, and cook in sufficient boiling water to cover. Put through a colander with the liquid

in which they were cooked. Heat the milk and cream, and add to the mashed potatoes. Add the salt, and cook five minutes.

CREAM OF POTATO SOUP NO. 3

2 medium-sized potatoes
1 pint of milk and potato water
2 teaspoons grated onion
¼ teaspoon celery salt
1 tablespoon butter
1 tablespoon flour
½ teaspoon salt
2 teaspoons chopped parsley

Wash, pare, and slice the potatoes. Cook in sufficient boiling water to cover, until tender. Drain the liquid into a pint measure, and mash the potatoes. Add sufficient milk to fill the pint measure, and turn into the mashed potatoes. Add the grated onion, salt and celery salt to the liquid. Rub the flour and butter together, and pour over it, stirring meanwhile the hot liquids. Cook until thickened. Add this to the mashed potatoes, cook five minutes and add the chopped parsley just before serving.

CREAM OF SWEET POTATO SOUP

6 small sweet potatoes
1 quart water
1 cup cream
1½ teaspoons salt
1½ teaspoons minced parsley

Peel potatoes, and immerse at once in cold water to which has been added a little flour to prevent discoloration. Drain, and cook in sufficient boiling water to cover. When tender, drain, and rub through a colander. This should make three cups of mashed potatoes. Add water, cream, salt and parsley. Reheat, and serve. The water in which the potatoes are cooked may be used as a part of the liquid unless very dark.

This soup should have the consistency of rich cream and is greatly improved by adding two tablespoons of brandy just before it is removed from the fire. Serve with croûtons.

VERMICELLI SOUP

1 quart clear soup
1 ounce vermicelli
Salt and pepper

Break the vermicelli into short lengths, and cook in the boiling soup until tender, and then serve.

WHITE SOUP

1 pound potatoes
2 leeks
or
¼ pound Spanish onions
2 sticks of celery
1½ pints boiling water
Salt and pepper
1 pint milk
½ ounce flour
½ gill cooked green peas
¾ ounce butter

Cut the vegetables into small pieces, and cook in the butter for five minutes. Add to water, bring to boiling point, skim, and add one teaspoon salt. Simmer until the vegetables are tender — about thirty minutes. Rub through a sieve. Mix the flour smoothly with a little of the milk. Put the potato and rest of the milk back on the stove into the saucepan; when boiling, add the flour, and cook for ten minutes. Add the peas. Season and serve.

MILK AND CHEESE SOUP

3 cups of milk — or part milk and part stock
1 cup grated cheese
Salt and paprika
1½ tablespoons flour

Thicken the milk with the flour, cooking thoroughly. This is best done in a double boiler, with frequent stirrings. When ready to serve, add the cheese and the seasoning.

The proteids in this soup are equal in amount to those in five-sixths of a pound of beef of average composition; its fuel value is higher than that of a pound of beef.

CHEESE AND VEGETABLE SOUP

2 cups of stock
1 tablespoon of finely chopped carrots
1 tablespoon chopped onion
2 tablespoons butter
2 tablespoons of flour
1½ teaspoons salt
1 cup of scalded milk
¼ cup grated cheese
A little mace

Cook the vegetables a short time in one-half the butter; add the stock and the mace, boiling fifteen to twenty minutes. Strain, and add the milk. Thicken with flour cooked in the remaining butter. Just before serving, stir in the cheese, and cook until it is melted.

SWISS SOUP

2 pounds Jerusalem artichokes
3 stalks of celery
1 large onion
2 ounces butter
1 quart milk
2 bay leaves

Peel the artichokes and throw them into vinegar and water; then put them with the onion and celery in a saucepan with the melted butter; cover the pan, and let the vegetables steam until tender, taking care they do not brown. When soft, add the milk, which must heat slowly but not boil; remove the onion and celery, and rub the rest through a strainer with a wooden spoon; put the purée back in the pan with the salt, pepper and the bay leaves; keep it hot, on the back of the stove for about half an hour. Before serving, remove the bay leaves, and stir in ½ cup of hot cream or one ounce of butter.

DRIED FRUIT SOUP

1 cup dried apricots
1 cup prunes
1 quart cold water
Sugar to taste

Wash the fruit perfectly clean. Cook in the water until very soft. Strain, and press out all the juice; sweeten to taste.

Thicken with a tablespoon of rice flour to one quart of

liquid. Cook twenty minutes to remove the raw taste of the flour.

TAPIOCA SOUP

1 quart bean stock
4 ounces tapioca
Seasoning

Boil the stock in a saucepan and sprinkle in the tapioca. Cook for twenty minutes. Season with pepper and salt.

WESTOVER SOUP

4 potatoes
1 quart milk
1 onion
3 tablespoons butter
2 tablespoons flour
1½ teaspoons salt
¼ teaspoon celery salt
⅛ teaspoon pepper
Few grains paprika
3 tablespoons tomato catsup
1 teaspoon chopped parsley

Cook the potatoes in boiling, salted water half an hour, and rub through a strainer. Scald the milk with the onion, remove the onion, and add milk slowly to potatoes. Melt the butter, add dry ingredients, stir until well mixed, then stir into boiling soup; cook twenty minutes, strain, add tomato catsup, and sprinkle with parsley.

CREAM OF SQUASH SOUP

1 pint of mashed squash
1 quart milk
1 tablespoon flour
1 tablespoon butter
1 teaspoon salt
1½ tablespoons sugar
Whipped cream

Put the squash, which may be freshly cooked or canned, with the milk, sugar and salt in a saucepan, and heat. Mix the butter and flour together, and stir the hot liquid into it. Cook gently for five minutes. Place a spoon of whipped cream on top of each individual serving.

OATMEAL AND MUSHROOM SOUP

3 tablespoons butter
1 medium-sized onion
½ cup oatmeal
1 teaspoon salt
1 quart water
1 pint milk
½ cup chopped mushrooms

Peel the onion, and chop finely. Place in the inner portion of the double boiler with the butter, and cook fifteen to twenty minutes. Then add the oatmeal and the boiling water. Cook directly over the flame for about ten minutes. Then place in the double boiler, and cook from two to three hours. Rub through a colander, and add the milk. When thoroughly heated, add the chopped mushrooms and salt. The mushrooms are somewhat improved in flavor by broiling a few minutes before adding to the soup. If desired, a spoon of whipped cream may be added to each serving.

WASHINGTON CHOWDER

2 medium-sized potatoes, 1½ cups sliced
1½ cups water
½ small onion
1 cup stewed tomatoes
1 cup corn
1 cup milk
1 cup cream
1 teaspoon salt

Slice the onion, and cook with the potatoes in the boiling, salted water. When tender, add the tomatoes and corn, and bring to the boiling point. Heat the cream and milk, and add to the vegetables just before serving. Serve hot over crackers.

CORN CHOWDER

½ can corn
1 pint sliced potatoes
2 tablespoons butter
1 onion sliced
1 pint of milk
½ teaspoon salt
1 cup water

Cook the onion in the double boiler in one-half the butter for twenty minutes. Add the sliced potatoes and one cup

boiling water. Cook directly over the flame until the potatoes are tender. Add the corn, milk and the remainder of the butter. Heat to the boiling point, add the salt, and serve hot over crackers.

POTATO CHOWDER

¾ pint sliced tomatoes
1 pint boiling water
1 teaspoon salt
½ small onion
1½ cups milk
½ cup cream

Put the potatoes to cook in the boiling water with the salt and sliced onion. When tender, put two-thirds of them through a colander, and add to the remainder of the potatoes. Add the milk and cream, reheat, and serve over crackers. This quantity should make one quart.

MEAT SUBSTITUTES

Digestive cheese and fruit there sure will be.
BEN JONSON.

CHEESE SOUFFLÉ

½ ounce cornstarch
1 ounce butter
Pepper and salt, cayenne
1 ounce grated cheese
Small pinch bicarbonate soda
½ pint of milk

Mix the cornstarch with a little cold milk, put the rest on to boil, add the moistened cornstarch and cook a few minutes. Add the pepper, salt, cayenne, butter, soda and cheese. Then bake for fifteen minutes and serve at once.

CORN AND CHEESE

1 tablespoon butter
1 tablespoon chopped green pepper
¼ cup flour
2 cups milk
1 cup chopped corn
1 cup grated cheese
½ teaspoon salt
Pepper

Melt the butter, and cook the peppers thoroughly in it. Make a sauce out of the flour, milk and cheese; add the corn and seasoning. Turn into a buttered baking dish, and bake in a moderate oven thirty minutes.

WELSH RAREBIT NO. 1

1 tablespoon butter
1 teaspoon cornstarch
½ cup milk
½ pound cheese cut into small pieces
¼ teaspoon each of salt and mustard
Speck of cayenne pepper

Cook the cornstarch in the butter; add the milk gradually, cook two minutes; add the cheese, and stir until it is well

melted. Season, and serve on crackers or bread toasted on one side, the rarebit being poured over the untoasted side.

WELSH RAREBIT NO. 2

4 ounces Cheddar cheese
1 ounce butter
2 tablespoons milk
Speck of salt, pepper and cayenne

Shave four ounces of Cheddar cheese, and add to it two tablespoons of milk and a little butter; put it in a saucepan, and set it on the fire for a few minutes, stirring constantly until it is the consistency of thick cream. Serve at once on hot toast. A little mustard may be added if desired.

WELSH RAREBIT NO. 3

Melt one tablespoon of butter in a saucepan and add one tablespoon of cream. When hot put in the cheese, one cup grated, pepper, half a teaspoon of salt, a shake of paprika, stir over the fire until the consistency of rich cream, pour over hot buttered toast and serve immediately. A teaspoon of curry powder added to the mixture a few minutes before it is taken off the range is a desirable addition. Half a cup of ale or beer may be used in place of the cream.

BAKED CRACKERS AND CHEESE NO. 1

9 or 10 butter crackers or Boston crackers
¼ pound of cheese or 1 cup grated cheese
1½ cups milk
¼ teaspoon salt
Flour

Split the crackers if the thick sort are selected, or with a sharp knife cut them into pieces of uniform size. Pour the milk over them, and drain it off at once. With the milk, flour, cheese and salt make a sauce. Into a buttered baking dish, put alternate layers of the soaked crackers and sauce. Cover with bread crumbs, and brown in the oven, or simply reheat without covering with crumbs.

The above is a very satisfactory substitute for macaroni and cheese, and can be prepared in less time.

BAKED CRACKERS AND CHEESE NO. 2

9 or 10 butter crackers or soda crackers
2 cups hot milk, whole or skimmed
1 cup grated cheese
¼ teaspoon salt

This is more quickly prepared than the preceding recipe, but as the milk is likely to curdle, it has not so good a consistency.

Soak the crackers in the milk; place them in a buttered baking dish in alternate layers with the cheese; pour over them the remaining milk, and bake. This dish may be covered with buttered crumbs. Variety may be secured, in either this recipe or the preceding one, by putting a very small amount of mixed mustard on each cracker.

CHEESE ROLLS

A large variety of rolls may be made by combining legumes, either beans of various kinds, cowpeas, lentils or peas, with cheese of various kinds, and adding bread crumbs to make the mixture thick enough to form into a roll. Beans are usually mashed, but peas or small lima beans may be combined whole with bread crumbs and grated cheese, and enough of the liquor in which the vegetables have been cooked may be added to get the right consistency. Or, instead of beans and peas, chopped spinach, beet tops or head lettuce may be used. Homemade cottage cheese and the soft cream cheese of commerce, standard cheese, or English dairy may be used. Variety may be obtained also by varying the flavoring. Among the best are onion, chives and sweet pepper. These should be cooked before mixing with the roll. Other flavors are mustard, curry, chopped olives, onion juice and nutmeg.

BOSTON ROAST

1 pound can kidney beans or like quantity of cooked beans
Bread crumbs
½ pound grated cheese
Salt

Mash the beans, or put them through a meat grinder. Add the cheese and sufficient bread crumbs to make the mixture stiff enough to be formed into a roll. Bake in a moderate oven, basting occasionally with butter and water. Serve with tomato sauce. This dish may be flavored with onions, chopped and cooked in butter and water.

PIMENTO AND CHEESE ROAST

2 cups cooked lima beans
¼ pound cream cheese, commercial or homemade
3 canned pimentos chopped
Bread crumbs

Put the first three ingredients through a nut chopper. Mix thoroughly, and add bread crumbs until it is stiff enough to form into a ball. Brown in the oven, basting occasionally with butter and water.

NUT AND CHEESE ROAST

1 cup grated cheese
1 cup chopped English walnuts
1 cup bread crumbs
1 tablespoon butter
Juice of ½ lemon
2 tablespoons chopped onions
Salt and pepper

Cook the onion in the butter, and a little water until it is tender. Mix the other ingredients, and moisten with water, using the water in which the onion has been cooked. Pour into a shallow baking dish, and brown in the oven.

CHEESE AND SPINACH ROLL

2 quarts spinach
1 tablespoon butter
1 cup grated cheese
Bread crumbs
Salt

Cook the spinach in water for ten minutes. Drain off the

water, add the butter, cook until tender, and chop. Add the grated cheese, and then bread crumbs enough to make a mixture sufficiently stiff to form into a roll; or leave more moist, and cook in a baking dish.

VEGETABLE AND CHEESE ROLLS

For the spinach of the above recipe there may be substituted beet tops, Swiss chard, or the outer leaves of lettuce.

CHEESE WITH MUSH

Cheese may be added to cornmeal or to mush made from any of the corn or wheat preparations now on the market. The addition of cheese to cornmeal mush is particularly desirable when the mush is to be fried.

FRIED BREAD WITH CHEESE NO. 1

6 slices of bread
1 cup milk
2 ounces cheese
or
½ cup grated cheese
½ teaspoon salt
½ teaspoon potassium bicarbonate
Butter or other fat for frying

Scald the milk with the potassium bicarbonate; add the grated cheese, and stir until it dissolves. Dip the bread in this mixture, and fry it in the butter. The potassium bicarbonate helps to keep the cheese in solution. It is desirable, however, to keep the milk hot while the bread is being dipped.

FRIED BREAD WITH CHEESE NO. 2

Cut stale bread into thin pieces. Put two pieces together with grated cheese between them. Dip into milk, and fry in butter or vegetable fat. Season the cheese with salt and paprika. An additional flavor may be obtained by adding a few drops of onion juice or sprinkling the cheese with mustard.

CHEESE AND BREAD ROLLS

Take a breakfast roll, and cut it in half, remove some of the inside and fill with one tablespoon of Parmesan cheese, seasoned with salt, paprika, a pinch of mustard, and moistened with a teaspoon of cream. Put the halves together and pour a tablespoon of milk over the roll. Put in the oven for a few minutes until the cheese is melted and serve very hot.

FRIED RAMEQUINS

¼ pound Gloucester cheese
Cayenne and salt
1 ounce butter
1 ounce crushed nuts
1 teaspoon chopped parsley

Mix the grated cheese, with melted butter, nuts, and add the seasoning. Put on pieces of bread in a well buttered frying pan, have the pan very hot, and fry five minutes. Serve at once.

CANADIAN CHEESE PUDDING

4 ounces grated cheese
3 ounces bread crumbs
1 ounce butter
1 small teaspoon mixed mustard
½ pint milk
Pepper and salt

Boil the milk, and pour it over the bread crumbs, and let them stand on the stove—covered up—for a quarter of an hour. Now mix in the grated cheese, mustard, seasoning and butter. Butter a baking dish, and put in the mixture, and bake for a quarter of an hour to twenty minutes in a hot oven. Serve immediately.

CHEESE RAMEQUINS NO. 1

¼ pound of pastry
1 ounce grated cheese

Make the pastry from the recipe for tarts. Roll out the pastry very thin; sprinkle over it half the grated cheese, fold the pastry again, and roll out an inch thick. Sprinkle the rest of the cheese.

Stamp it into small rounds with a small pastry cutter,

fold the pastry again, and roll it out into an inch thick. Bake in a quick oven, and serve hot piled on a dish.

CHEESE RAMEQUINS NO. 2

4 ounces grated cheese
3 ounces bread crumbs
1 small teaspoon mixed mustard
½ pint milk
1 ounce butter

Boil the milk, and pour over it the bread crumbs, and let them stand on the stove, covered up, for a quarter of an hour. Now mix in the grated cheese, mustard and butter. Butter some little china ramequin cases, and fill them three parts full of the mixture. Bake for about ten minutes in a hot oven, and serve immediately.

BOILED FONDUE

1½ cups bread crumbs
1½ cups milk
2 tablespoons butter
6 ounces crackers
1½ cups cheese cut into small pieces

Soak the bread in the milk. Melt the butter, and add the cheese. When the cheese has melted, add the soaked crumbs and the seasoning. Cook a short time, and serve on toasted crackers.

CHEESE FONDUE

1⅓ cups hot milk
1⅓ cups of soft, stale bread crumbs
1 tablespoon butter
⅓ pound of cheese
1⅓ cups grated cheese
or
1 cup cheese cut in small pieces
½ teaspoon salt

In making these fondues, rice or other cereals may be substituted for bread crumbs. One-fourth cup of rice measured before cooking, or one cup of cooked rice or other cereals, should be used.

An advantage of omitting butter from cheese dishes and of substituting water or skimmed milk for whole milk is that it makes it possible to increase the amount of cheese

without making the dish too rich. This is of advantage to those who like the flavor of cheese, and, also, because it tends to increase the tissue-forming value of the dish, particularly if skimmed milk is used rather than water.

PEPPERS AND CHEESE

2 ounces of cheese
1 tablespoon chopped peppers
1 tablespoon of butter
Paprika, salt and mustard

Melt the cheese in a saucepan with the butter, and add the finely chopped peppers and the seasoning to taste. Cook until well blended and serve on rounds of toast.

CHEESE DUMPLING

6 ounces of cheese
Pepper and salt to taste
1 onion
Paste

Partly cook the onion, strain, and chop finely; grate the cheese, add to the onion with the pepper. Have ready some paste, and put the mixture in the center. Enclose, and form into a ball, and dust with flour; tie it up in a cloth, and boil one and one-half to two hours.

CHEESE FINGERS

2 slices of toast
1 tablespoon cream
2 tablespoons grated Parmesan
2 ounces sweet almonds
1 tablespoon chopped parsley
Pepper and salt to taste

Blanch the almonds, and cut them in four, fry in the butter till a golden brown, and drain well. Mix together the cream and cheese, pepper, salt and chopped parsley, and spread the mixture on the toast; cut into lengths about one and one-half inches wide, sprinkle the almonds on top; serve hot.

SAVORY CHEESE CAKES

2 ounces rice
2 ounces mashed potatoes
½ pint of milk
1 tablespoon mixed sweet herbs
3 ounces grated cheese
Pepper and salt to taste

Cook the rice in the milk for fifteen minutes; then add the cheese and mixed herbs. Let it boil for five minutes longer; then add the mashed potatoes and pepper and salt. Form into flat cakes, and roll into rusk crumbs or white bread crumbs, and fry in boiling oil.

CHEESE CROQUETTES

3 tablespoons butter
¼ cup flour
⅔ cup milk
1 cup cheese cut in small pieces
½ cup grated cheese
Salt and pepper

Make with a white sauce, using the butter, flour and the milk. Add the grated cheese. As soon as the cheese melts remove from the fire, fold in pieces of cheese, and add the seasoning. Spread in a shallow pan, and cool. Cut into squares or strips, cover with a crumb mixture, and fry in deep fat.

MOCK BEEF RISSOLES

3 ounces fine rusk-crumbs
3 ounces grated cheese
¾ pint of milk
1 teaspoon made mustard
3 ounces grated horse-radish

Mix well together the rusk-crumbs, cheese, mustard, pepper, and horse-radish. Boil the milk, and pour it over them, allowing it to stand for one hour. Mix all together, roll in fine rusk-crumbs, and fry in boiling oil. Serve very hot.

RISSOLES

2 ounces bread raspings
2 ounces grated cheese
4 ounces mashed potato
Oil
4 ounces onion
1 saltspoon pepper and salt
1 heaping tablespoon chopped parsley

Put the bread crumbs, cheese, potatoes, parsley, pepper and salt into a bowl large enough to mix them thoroughly. Peel and slice the onion, and throw it into cold water; let it boil up quickly, and remain boiling for one minute, then

drain it, and chop it finely, adding it to the other ingredients in the bowl. Mix all thoroughly, and moisten with the milk. Mix again very carefully, cover the mixture, and let it stand for at least four hours. Now form it into any shape preferred, and fry in salad oil or butter. Prepare the bread raspings according to recipe given. The rissoles are equally good either hot or cold; but it must be remembered that they are intended as a relish to plainer food. They are very nourishing, being weight for weight of rather more value than beef or mutton.

SAVORY PUDDING

¼ pound bread raspings
4 ounces grated cheese
4 ounces mashed potatoes
4 ounces onion
1 heaping tablespoon chopped parsley
¼ pint milk
1 saltspoon each of pepper and salt

Pour the milk over the bread raspings, mix well, and put them aside for four hours or more. They must be closely covered. Now peel, and slice the onion, and put it into a saucepan with cold water; let it boil up quickly, and continue to boil for a minute. Drain it, and chop it finely, and add it, with the other ingredients, to the soaked bread raspings. Butter a mold rather thickly, and fill with the mixture. Steam for three hours.

CHEESE PUDDING NO. 1

½ pound bread crumbs
1 pint milk
½ pound grated cheese
Pepper and salt to taste

Prepare the cheese, which should be a stale Gruyère or Cheddar, add it to the bread crumbs, warm the milk, and pour it over the cheese and bread crumbs; add the seasoning. When the mixture is cool, put into a pudding basin, and steam for about half an hour.

CHEESE PUDDING NO. 2

6 ounces grated cheese
4 ounces mashed potatoes
1 ounce butter
3 ounces rice
Pepper to taste

Pick over the rice, and throw into boiling water; let it cook for half an hour, then drain, and when cool, line a pudding basin with the rice, and fill up with the following mixture: Mash the potatoes with the butter, add the grated cheese and seasoning, mix all together, and fill the basin. Put a greased paper on top, and steam for half an hour.

BAKED CHEESE, GERMAN DISH

4 ounces cheese
½ ounce butter
¼ pint milk
1 onion or shallot the size of a filbert
Pepper and salt

If the cheese is fresh, it may be cut into thin slices, but if dry it must be grated. Place it at the bottom of a shallow baking dish. Slice the onion, and throw it into cold water; bring it quickly to a boiling point, and let it boil one minute, then drain it, and mince it finely, and sprinkle it over the cheese with the seasoning. Pour the milk over the cheese, and bake it in a hot oven until it sets. Sprinkle the top with bread raspings. Return it to the oven for one minute, and serve as hot as possible.

BOILED RICE

Wash one cup of rice in several waters, rubbing the grains between the hands until the floury coating is removed. This flour makes it pasty, and holds the grains together. Put the washed rice in a saucepan with two and one half cups of water and one teaspoon salt. Cover and place where the water will boil. Cook for twenty minutes, being careful not to let it burn. At the end of this time put the saucepan on a tripod or ring and cover the rice with a fold of cheese-

cloth. Let it continue to cook in this manner for an hour; then turn into a hot vegetable dish. The rice will be tender, dry and sweet, and each grain separate. The rice must not be stirred while cooking. If a tablespoon of butter is cut up and sprinkled over the rice when it has cooked twenty minutes, the dish will be greatly improved.

STEAMED OR CREAMED RICE

1 cup rice
1 cup water
1½ cups milk
½ cup cream
1 teaspoon salt

Wash the rice thoroughly, and cook in the boiling water. Boil five minutes, then set in the double boiler, and cook until the water is mostly absorbed. Heat the milk and cream in the double boiler, and add to the rice. Add salt, and finish cooking in the double boiler, which will require about one hour. If cream is not convenient, use an additional one-half cup of milk, and one tablespoon butter.

Do not stir except to lift gently once or twice with a fork.

TURKISH PILAF

½ cup washed rice
¾ cup strained tomatoes
1 cup brown vegetable stock
3 tablespoons butter

Add tomatoes to the stock, and heat to the boiling point. Add rice, and steam until the rice is soft. Stir in the butter with a fork, and keep uncovered so that steam may escape.

RISOTTO

1 teacup of rice
2 ounces butter
1 teacup of grated cheese
Cayenne and salt to taste
½ pint stock — vegetable

Cook the rice in the stock for two hours and a half in a double saucepan, add the butter, cheese and seasoning, and serve very hot.

RICE BOILED FOR CURRY

Rice Water Butter

The rice should be picked over, but not washed. Throw it into plenty of quickly boiling water, and let it continue to boil quickly for one minute. Then pour in a very little cold water to check it. It should now boil slowly but continuously for fifteen to twenty minutes. It is boiled enough if the grains are soft when pressed between the thumb and finger. Drain it, and return to the saucepan, which should be dried and buttered. Cover it with a clean cloth, and allow it to steam on the stove, where it is not too hot, or in a slow oven. Stir it lightly with a fork, and let it remain for a quarter of an hour. Each grain should then swell up, and be well separated.

RICE AND CHEESE NO. 1

1 breakfast cup of rice ½ pint of milk
4 ounces grated cheese

Wash the rice, and boil it till cooked in a double saucepan. Strain well, and add the milk, a spoonful of butter, and pepper and salt to taste.

Simmer again together; grease a pie dish well, and fill up with alternate layers of the above mixture and the grated cheese. Sprinkle grated cheese on the top and a few pieces of butter. Put in a hot oven, and brown well. Serve very hot.

RICE AND CHEESE NO. 2

4 ounces of rice 1½ pints milk
6 ounces cheese Pepper and salt

Wash the rice, and put it in a double saucepan with the milk, let it simmer for three hours until all the milk is absorbed, then add the cheese, cut into small pieces, let it cook for another quarter of an hour, then turn into a pie dish, sprinkle a few grated rusk crumbs over, and serve at once.

RICE AND CHEESE NO. 3

4 ounces of rice
2 ounces of butter
3 ounces of cheese
1½ pints milk

Wash the rice, and cook with the milk in a double saucepan for three hours, then add the cut-up cheese, butter and seasoning. When the cheese is melted, turn the mixture out into a pie dish, and serve with sippets of toast arranged around it.

BAKED RICE AND CHEESE NO. 1

1 cup of uncooked rice and
4 cups milk
or
3 cups cooked rice and
1 cup of milk
2 tablespoons flour
½ pound cheese
½ teaspoon salt

If uncooked rice is used, it should be cooked in three cups of milk. Make a sauce with one cup of milk, add the flour, cheese and salt. Into a buttered baking dish put alternate layers of the cooked rice and the sauce. Cover with buttered crumbs, and bake until the crumbs are brown.

BAKED RICE AND CHEESE NO. 2

¼ pound of cheese grated or cut into small pieces
1 cup of rice
Milk as needed

Cook the rice; put into a buttered baking dish alternate layers of rice and cheese; pour over them enough milk to come halfway to the top of the rice; cover with buttered crumbs and brown.

RICE HASH

1 cup of bread crumbs
1 tablespoon of butter
1 tablespoon of chopped parsley
Pepper
1 large onion chopped
1 ounce of boiled rice
1 cup of chopped mushrooms
2 peeled tomatoes chopped
Salt

Mix the tomatoes, the bread crumbs, mushrooms, and rice. Fry the onion in the butter until it is a light brown and soft. Then add the bread crumb mixture and seasoning. Mix it thoroughly and simmer for one hour.

RICE CONES

Put one cup of rice in a double boiler with one pint of milk and cook until all the milk is absorbed and the rice becomes a stiff paste. Season with paprika, salt, a few drops of onion juice, and mold into cones. Fry in deep oil or vegetable fat a golden brown and serve with a teaspoon of currant jelly on the top of each.

RICE FARCI

1 cup rice
1 pint of tomatoes chopped
1 teaspoon of salt
1 saltspoon of paprika
1 cup chopped celery
½ cup chopped olives
1 tablespoon minced onion
½ cup chopped peppers

Rub the tomato through a sieve, put it in a saucepan for ten minutes, then add the rice, chopped celery, seasoning, and the other ingredients, and boil for five minutes. Then put it on the side of the range and simmer for one hour until the ingredients are thoroughly blended.

MUSHROOM AND RICE MOLD

1 teacup of rice
1½ pounds mushrooms
A little chopped onion
½ pint white sauce
2 ounces butter
Pepper, salt
3 gills water

Wash a teacup of rice, and boil it in a saucepan with the water until all is absorbed. Chop the mushrooms and fry them in the butter with the onion and seasoning for five minutes, then cover and cook until tender. Strain the mushrooms and mix two-thirds of them with one-third of the white sauce. Butter a mold and put in a layer of rice, then

mushrooms; fill the mold in this way, having the rice last. Press the mixture in well, cover with buttered paper and steam one hour. Mix the rest of the mushrooms with the liquid strained from them and the rest of the white sauce. Serve around the rice turned from the mold.

SAVORY RICE PUDDING

4 ounces of rice
¼ pint tomato sauce
2 ounces grated Parmesan
2 ounces breaded crumbs
½ ounce butter

Boil the rice according to recipe for rice boiled for curry. When it is cooked, mix well with the tomato sauce, made according to recipe for tomato sauce. Now put it into a buttered baking dish, and sprinkle over it the grated Parmesan. Cover with bread crumbs, and break the butter into bits, and strew it over the top. Brown in a quick oven, and serve very hot.

SAVORY RICE

3½ ounces of rice
1 pint milk
4 ounces onion
½ ounce butter
1 heaping tablespoon chopped parsley
2 ounces bread crumbs
Pepper and salt to taste

Peel, and slice the onions, and throw them into cold water; let them boil up quickly, and then drain, and mince them. Put the rice into a double pan; boil the milk, and pour it over the rice, and add the minced onion. Let them stew until the rice has absorbed all the milk, which will take quite two hours. Remove the pan from the fire, and stir in the chopped parsley. Season the mixture to taste. Butter a baking dish, and put in the rice, cover with the bread crumbs, and break up the butter in small pieces, and place it over them. Brown as quickly as possible in a hot oven or before the fire.

RICE AND TOMATOES

4 ounces of rice
1 pint of milk
½ pound of tomatoes
1 ounce of butter
Pepper and salt to taste

Pick over the rice, and simmer in the milk until perfectly soft; then add seasonings. Peel the tomatoes, and cut them up taking out all hard parts, and bake them in a shallow dish in the oven. When cooked, beat them into the rice, add the butter, and serve very hot.

RICE AND ONIONS

Chop six onions and put them into a frying pan with one tablespoon of butter, when tender add an equal quantity of rice, boiled as for curry, and salt and paprika, one teaspoon of kitchen bouquet and one teaspoon of lemon juice. Stir lightly together, heat thoroughly and serve very hot.

RICE WITH PEAS

1 cup boiled rice
¼ cup canned peas
½ cup liquid from peas
2 tablespoons flour
4 teaspoons melted butter

Put half the boiled rice in bottom of baking dish, then a layer of peas, and the remainder of rice. Rub the butter and flour together; heat the liquid, and pour over the butter and flour; boil five minutes. Then pour over the rice, and bake ten minutes.

RICE RISSOLES

3 ounces of rice
2 ounces grated horse-radish
½ teaspoon mustard
3 tablespoons of cream
½ a pint of milk
Juice of ¼ lemon
Pepper and salt

Cook the rice in the milk for forty-five minutes, and add the grated horse-radish. Mix the mustard with the cream and seasoning; add all together, and mix well, and form into

rissoles. Roll in rusk crumbs, and fry in boiling oil till a golden brown. Serve with brown gravy.

RICE FONDUE

1 cup boiled rice
2 tablespoons milk
1 cup of grated cheese
½ teaspoon salt
1 teaspoon some commercial sauce or similar flavoring

Heat the rice in the milk, add the other ingredients, and cook slowly until the cheese is melted. Serve on crackers or toast.

RICE À LA MEXICAINE

Put four tablespoons of Patna rice in a baking dish with one pint of water in which some vegetable has been cooked, as beans, onions, etc. Chop a small tomato, an onion and a pepper very fine and add them to the rice with salt and paprika to taste and a teaspoon of curry powder. Cover with a plate or a lid and cook in a slow oven for two hours until the rice has absorbed all the moisture and all the grains are separate.

SAVORY RICE CUTLETS

3½ ounces of rice
1 pint of milk
4 ounces of onion
½ pound of bread crumbs
Salad oil
Pepper and salt
1 heaping tablespoon chopped parsley

Peel, and slice the onions, throw them into cold water, let them boil up quickly; then drain, and mince them. Put the rice into a double pan, boil the milk, pour it over the rice, and add the minced onion. Let it cook until the rice has absorbed all the milk, which will take quite two hours. Turn the mixture into a bowl, and let it get nearly cold. Now stir the chopped parsley into the cooled rice, and season with pepper and salt. Take a tablespoon of the mixture, and cover it with bread crumbs. Shape into cutlets an inch thick, and put them into the frying basket. Fry in boiling

oil a rich brown, and garnish with parsley. The cutlets are rather difficult to form, and a little patience is necessary to make them a success; but they quite repay one for the trouble when they are finished.

SAVORY RICE RISSOLES

4 ounces of rice
1 ounce of butter
1 small onion
4 large sage leaves
½ pint milk
A little pepper and salt

Wash the rice carefully, and cook for half an hour in the milk; then add the butter, and very finely chopped sage and onion, and pepper. Boil for a few minutes longer, and when cool form into shape, roll in fine rusk crumbs, and fry a light brown in boiling oil. Serve round a mold of mashed potatoes.

RICE TIMBALES

1 pint of milk
3 ounces of ground rice
2 ounces of butter
3 mashed potatoes
4 drops of onion juice
Pepper and salt

Scald the milk in a double boiler and add the rice which has been mixed with a little of the cold milk; cook for fifteen minutes, then add the mashed potato, butter, onion juice and seasoning. Cook until the mixture is thick; pour into buttered egg cups, press down, leave for five minutes and turn out. Mark the top with a cutter and fry in deep oil or vegetable fat a golden brown. Remove the round from the top, scoop out a little of the rice and fill the depression with a curry mixture or currant jelly.

BOILED MACARONI

Break macaroni in to one-inch pieces, put into a strainer, and rinse well with cold water. Cook in boiling salted water twenty-five minutes or until soft. Strain as soon as cooked or it will become pasty. Pour over it hot cream which has been seasoned with pepper and salt.

BAKED MACARONI

Butter a baking dish, and fill it with boiled macaroni and a white sauce. Cover with buttered bread crumbs, and bake until the crumbs are brown. The sauce should be well seasoned and the macaroni boiled in salted water.

MACARONI CUTLETS

Cook macaroni in boiling salted water until tender, drain, chop fine and mix with half the quantity of bread crumbs, a few drops of onion juice, one teaspoon of lemon juice, salt, pepper, and a half a cup of strained tomato juice. Mix thoroughly, shape into cutlets, cover with flour and fry in oil or butter until a golden brown.

Serve with a sauce made as follows:

Melt one ounce of butter in a saucepan and stir in one tablespoon of flour, cook for five minutes stirring constantly; do not let it color. Add very slowly a cup of milk and cook until it is the proper consistency. Season with pepper and salt and a teaspoon of chopped parsley.

MACARONI TURNOVERS

2 ounces macaroni
1 tablespoon of butter
1 gill of milk
1 tablespoon grated cheese
1 saltspoon mustard
Salt, pepper, cayenne

Break the macaroni into very small pieces and cook in boiling salted water until tender. Strain, add the butter, milk, cheese and seasoning. Mix well. Make a short pie crust, roll it out thin and cut into squares. Put a spoonful of the mixture in the center of each square, fold over the edges and bake a golden brown. The mixture in the tart should be creamy. If too much of the milk is absorbed by the macaroni increase the quantity. As the cheese becomes thoroughly melted in cooking more moisture is added.

CREAMED MACARONI

4 ounces of pipe macaroni
½ ounce butter
1 onion
Blade of mace
3 cloves
3 ounces grated cheese
1 gill cream
½ pint milk
Seasoning

Break the macaroni into small pieces, scald the onion, and stick cloves into it. Put the milk into a saucepan, add the macaroni and onion and mace, and cook for three-quarters of an hour; then take out the onion, cloves and mace, and add the cheese, butter and cream; let this simmer for five minutes, then put into a pie dish, sprinkle with rusk crumbs, and send to table very hot.

CURRIED MACARONI

4 ounces macaroni
2 ounces of butter
3 ounces cooked rice
1 large onion
2 tablespoons curry powder
½ pint water

Break the macaroni into two-inch lengths, throw into boiling water, and cook for twenty minutes, then drain; slice the onion, and fry a golden brown in the butter, add the curry powder, also the water, and let them cook for fifteen minutes in the frying pan, then pass all through a sieve, and add to the macaroni, and let it cook for half an hour. Cook the rice, and with this make a border around the dish, and put the curried macaroni inside, and serve very hot.

ITALIAN MACARONI NO. 1

3 ounces pipe macaroni
1 tablespoon chopped parsley
3 ounces grated cheese
2 ounces butter
1 teaspoon grated onion
¼ pint white sauce
Pepper and salt to taste

Throw the macaroni into boiling water for twenty minutes, drain, and cut up into two-inch lengths; mix the parsley, butter, onion, and grated cheese with the sauce, then

add the macaroni, put the mixture in a dish, and cover with bread crumbs, and put in the oven for half an hour. Serve with this some very thinly sliced Spanish onion, with a small cucumber cut up with it; cover with three tablespoons of oil, the juice of half a lemon, and a little cayenne pepper and salt.

ITALIAN MACARONI NO. 2

Break up the macaroni and cook in boiling water with a little salt until tender, then strain. Melt the butter in a saucepan, mix one scant tablespoon of flour with it, add one cup of milk gradually and boil for five minutes. Add three tablespoons of grated cheese. Season with salt and pepper, then put the macaroni into it, and cook together for a few minutes. Serve very hot. If the sauce is too thick add more milk.

NEAPOLITAN MACARONI

½ pound Zita macaroni, large pipes
4 ounces flour
1 teacup of milk
1 pound tomatoes
1 ounce butter
1 Parmesan cheese
1 pint of salad oil
Pepper and salt to taste

Break the macaroni into one-inch lengths, and throw it into plenty of boiling water. Scald the onion, and stick a few cloves into it, add to the macaroni, and boil quickly until the macaroni is cooked but not broken. Pour off the water, and drain well. Have ready a batter made of milk and flour, made by putting the flour into a basin and adding the milk slowly, stirring all the time, till half of it is used; then beat the batter well till bubbles form on top. Add the rest of the milk, and let it stand till the macaroni is cooked; this makes the batter lighter. Cut the tomatoes in halves, and put them on a buttered baking tin in a moderate oven, with the rest of the ounce of butter in small bits on the top of them. Bake till just tender, but not broken. Make the

salad oil very hot in the saucepan. When the macaroni is drained from the water, throw four or five bits of it into the hot oil. If it browns quickly, put in the other bits, and fry a light brown. Lift out of the oil, drain on white paper, reheat the oil, and continue to dip in batter, and fry in oil all the rest of the macaroni. Put the tomatoes in a ring, round a deep fire-proof dish. Heap the fried macaroni in the center. Put a border of the grated cheese round the outside edge of the ring of tomatoes. Make very hot in the oven. Serve at once in the dish in which it was baked.

MACARONI CAKES OR RISSOLES

3 ounces pipe macaroni
2 ounces grated cheese
1 tablespoon chopped parsley
½ pint milk
Pepper and salt to taste

Break the macaroni into very small pieces, and throw it into the boiling milk, and let it boil for three-quarters of an hour or until it is tender; add the grated cheese, chopped parsley and pepper, and allow it to simmer ten minutes longer. Add flour to bind, mix well, and turn into a flat or shallow dish. When cold form into cakes, any shape desired, and sprinkle over the bread crumbs, frying in boiling oil.

MACARONI WITH CHEESE

4 ounces of macaroni
4 ounces grated cheese
½ pint milk
1 ounce butter
Pepper, salt

Break the macaroni into two-inch lengths, and throw it into plenty of fast boiling water, and let it boil quickly for half an hour. Now drain it, and add the milk to it, and a little pepper, bring it to the boiling point quickly, and then let it simmer gently for another half hour. The macaroni should be perfectly tender, but unbroken, and the cheese and butter may now be added, stirring the contents of the sauce-

pan constantly — one way — until the whole of the cheese is melted and thoroughly mixed with the macaroni. Turn it out on a dish, and serve hot as possible. Another way of serving the macaroni makes a prettier dish: Instead of adding the cheese and butter to the macaroni in the saucepan, a layer of the macaroni may be put on the bottom of a well-buttered French baking dish, and part of the cheese scattered over it; then the rest of the macaroni must be put over the cheese, and the remainder of the cheese used as before. The top should be covered with fine bread crumbs, and the butter taken and broken up in bits, and placed over the top. This dish should now be placed in a hot oven, and quickly browned.

It is necessary to stir the macaroni occasionally when boiling quickly in the water, and after the milk has been added, it must be stirred frequently, or it will stick to the pan and spoil.

MACARONI AND CHEESE PUDDING

4 ounces macaroni
3 ounces grated cheese
4 sage leaves
1 pound Spanish onions
1 ounce white bread crumbs
Pepper and salt to taste

Break the macaroni into three and a half inch lengths, and put into boiling water, boiling for half an hour; then drain, and when cool, line a well-buttered pudding basin with the macaroni, and fill in with the following mixture: Scald the onion, and chop very finely with the sage leaves, add the cheese and bread crumbs, and mix well. Fill the basin with this, and cover with macaroni, then a cloth, and steam for three hours. Rice may take the place of macaroni for a change.

If rice is used cook as for plain boiled rice in salted water and put in the baking dish in the same way as the macaroni.

MACARONI SAVORY

4 ounces macaroni
4 ounces Parmesan cheese
½ pint of milk
½ pound onions
½ pound tomatoes
2 ounces butter
3 ounces bread crumbs
Pepper and salt

Break the macaroni into two-inch lengths, and throw it into plenty of fast-boiling water, and let it boil quickly, stirring occasionally, for half an hour, and then drain the water from it. Now add the milk with pepper and salt, and let it boil up quickly, and then simmer for another half hour, when the macaroni should be quite tender. Stir frequently to prevent it sticking to the pan.

The onions in the meantime should have been peeled, sliced and boiled until tender in plenty of water. They must then be drained and slightly chopped. The tomatoes also must be thrown into boiling water for a few seconds, and when removed the skins will come off quite easily; they must now be sliced.

Butter a good-sized French baking dish, and scatter in some bread crumbs; shake out all that do not stick to the butter. Place a layer of macaroni at the bottom of the dish, and scatter over it a third part of the Parmesan. Over that place the chopped onions and then the sliced tomatoes, and then the remainder of the macaroni. Cover this with half the remaining Parmesan, and over that scatter the rest of the bread crumbs. Now scatter the last of the Parmesan, and over that the butter, broken up into small pieces, and place over top. Bake for about twenty minutes in a hot oven; it should be a rich brown all over. This is an excellent dish, and well repays the cook's trouble, if attention is paid to all the details. If Genoa macaroni is used it requires a longer time to prepare than Naples. Twenty minutes in the water is long enough for Naples. Macaroni should always be served hot as it becomes pasty when cold.

MACARONI SCALLOPS NO. 1

2 ounces pipe macaroni
4 ounces Parmesan cheese
2 ounces butter
2 tablespoons tomato sauce
Pepper and salt to taste
6 scallop shells

Cook the macaroni in half a pint of milk and water for half an hour. Drain, and cut up into small pieces, and add one ounce of the butter, with the pepper and salt and all the cheese. Mix it well; grease the shells, and put a little of the tomato sauce in each, and then fill up with the macaroni; sprinkle with bread crumbs and pieces of butter, and put them in the oven to brown for twenty minutes.

MACARONI SCALLOPS NO. 2

4 ounces pipe macaroni
2 tablespoons cream
1 small Spanish onion
4 ounces cooked chestnuts
A little butter
2 ounces grated cheese
Pepper and salt to taste

Throw the macaroni into boiling water for half an hour; then drain and chop up very fine with the onion, which has been scalded first. Cook the chestnuts, and pass through a sieve. Mix all together with the cream; butter some scallop shells, and fill them with the mixture. Sprinkle over them a layer of grated cheese, and then one of bread crumbs on top. Cut up the butter in small pieces, and put them on the bread crumbs; brown in the oven for about a quarter of an hour.

MACARONI AND TOMATOES

4 ounces pipe macaroni
½ pound of tomatoes
2 ounces of butter
Pepper and salt to taste

Boil the macaroni for half an hour in boiling water, and then drain. Butter a pie dish, and put a thick layer of macaroni at the bottom; skin the tomatoes by putting them into a basin and pouring boiling water over them, cover them with a plate for five minutes, and the skins will come off quite easily. Then cut them into slices and put a layer

on the macaroni, then some pieces of butter and a sprinkling of pepper and salt, then another layer of macaroni, and so on till the dish is full, leaving tomato on top, with a few rusk crumbs sprinkled over; put in the oven for a quarter of an hour. Serve with grated cheese.

MACARONI AND TOMATO SAUCE NO. 1

4 ounces macaroni
½ pint of milk
Pepper and salt
½ pint tomato sauce

Follow the directions given in recipe for "Macaroni with Cheese," as to the boiling of the macaroni in water and stewing it in milk. Let it absorb all the milk. Pile it on a dish, and pour over it a half pint of tomato sauce, prepared according to directions given for "Tomato Sauce."

MACARONI AND TOMATO SAUCE NO. 2

8 ounces macaroni
2 ounces butter
½ pint milk
1 Spanish onion
1 lb. of tomatoes
Pepper and salt to taste

Break the macaroni into pieces, and throw it into boiling water, and boil for an hour. Make a sauce by putting the milk, butter and the onion, scalded and grated, into a saucepan, with the pepper and salt. Scald the tomatoes, skin them, and rub them through a hair sieve, and add to the sauce. Add all to the macaroni, and well mix. Serve very hot, with grated Parmesan cheese, separately.

MACARONI AND TOMATO SAUCE NO. 3

½ pound macaroni
1 onion
2½ ounces grated Parmesan
½ teaspoon pepper
1 ounce butter
2½ ounces grated Gruyère cheese
Suspicion of nutmeg
Salt to taste
6 tablespoons cream

Boil one-half pound macaroni in water with a lump of butter, an onion, two cloves and salt; when done, drain the

macaroni, and place in a saucepan with two and one-half ounces of grated Gruyère cheese and two and one-half ounces of grated Parmesan cheese, a little grated nutmeg, some coarse black pepper and six tablespoons of cream; toss and stir well until the cheese becomes thick and stringy. Serve with tomato sauce in the middle of the dish.

MACARONI AND TOMATO PUDDING

Boil some macaroni, and mix with it three ounces of grated cheese, four peeled and sliced tomatoes and half a teacup of milk. Place in a pie dish, and cover with a thick layer of fine bread crumbs and a few knobs of butter; season with pepper and salt; bake until nicely browned. A grated onion is considered an improvement by some people if it is added.

ITALIAN MACARONI AND CHEESE

1 cup of macaroni broken into small pieces
2 quarts boiling salted water
½ onion
2 cloves
1½ cups tomato sauce
½ cup or more of grated cheese

Cook the macaroni in the boiling salted water with the onion and cloves. Drain, remove the onion and cloves, reheat in tomato sauce, and serve with grated cheese.

CHEESE AND MACARONI LOAF

½ cup macaroni broken into small pieces
1 cup of milk
1 cup soft bread crumbs
1 tablespoon butter
1 teaspoon each of chopped onion and parsley
1 teaspoon salt
½ cup grated cheese
1 tablespoon chopped green pepper

Cook the macaroni in boiling salted water until tender, and rinse in cold water. Cook the parsley, onion and pepper in a little water with the butter. Pour off the water or

allow it to boil away, and mix all the ingredients. Line a quart baking dish with buttered paper; turn the mixture into it; set the baking dish in a pan of hot water, and bake in a moderate oven for one-half to three-fourths of an hour. Serve with tomato sauce.

MACARONI CHEESE STRAWS

4 ounces macaroni Seasoning 2 ounces grated cheese

Cook the macaroni for a quarter of an hour in boiling water. Strain, and let it get cool. Cut up into even lengths of four inches, twist them or tie them together, and dip into the grated cheese and bread crumbs; or, mix the cheese, bread crumbs and seasoning together, and dip into this. Fry a light brown in boiling oil, drain well, and sprinkle with a little grated cheese. Lettuce or water cress is nice with this dish.

MACARONI AU GRATIN

1½ cups macaroni broken into one-inch lengths
1 cup grated Neufchâtel cheese
2 cups milk
1 cup bread crumbs
3 tablespoons butter
3 tablespoons flour
1 teaspoon salt

Cook macaroni in boiling salted water until tender; drain, and pour over it a dash of water. Make a white sauce of the last four ingredients and mix with the macaroni. Stir the grated cheese into the mixture. Turn into a baking dish, cover with the bread crumbs, and bake in a moderate oven until nicely browned. If desired, buttered crumbs may be used.

MACARONI AND KIDNEY BEANS

1 cup macaroni
1 teaspoon salt
1 quart water
½ pint cream tomato sauce
1 can or 1 pint cooked kidney beans

Break the macaroni into one-inch pieces. Cook in boiling salted water until the macaroni is soft enough to crush be-

tween the fingers, which will require from twenty minutes to one hour. When the macaroni is soft, drain and pour a cup of cold water through it. Prepare a cream tomato sauce as follows:

2 tablespoons flour
2 tablespoons butter
¾ cup milk
½ teaspoon salt
¼ cup strained tomato

Heat the milk to scalding, rub the butter and flour together, and pour slowly into it the hot milk. Set over the flame and cook for five minutes. Add the strained tomato, and turn into this sauce the thoroughly dried macaroni and the can of cooked kidney beans. If desired, more salt may be added. When these ingredients are thoroughly heated, drain into a vegetable dish, and serve. This dish should be stirred carefully, as the beans mash easily.

MACARONI WITH GREEN PEAS

½ cup cream
½ teaspoon salt
⅓ cup macaroni broken into one-inch lengths
1 cup green peas

Cook the macaroni in boiling salted water. Drain, and pour over it a dash of cold water. Drain again and add to it the cream, salt and green peas, freshly cooked or canned, from which the liquid has been drained. Heat, and cook for five to ten minutes over the flame.

MACARONI PUDDING

6 ounces macaroni
1 ounce of butter
1 pint of milk
A little grated nutmeg

Break the macaroni into small pieces, and throw into boiling water, and keep it boiling for half an hour, drain it well, and return to the saucepan, add the milk, butter and nutmeg, and let it simmer gently for fifteen minutes. Turn into a buttered pie dish, and bake until firm — about half an hour.

MACARONI CURRY

Boil the macaroni until it is tender, and pour the following sauce over it: Chop four onions and cook until tender in one tablespoon of butter, add one-half cup of chopped apples, and cook until these are well mixed; then add a tablespoon of curry powder, one-fourth teaspoon of mustard, a teaspoon of vinegar, one tablespoon of flour, salt and paprika, one tablespoon of olive oil and a pint of milk and water mixed. Boil until it is thick, and strain.

CURRIED VEGETABLES AND MACARONI

¼ pound carrots
1 large apple
1 tablespoon flour
3 teaspoons curry powder
2 ounces butter
1 teaspoon chutney
1 teaspoon lemon juice
1 onion
3 potatoes
3 turnips
4 ounces macaroni
1 pint boiling water
¼ pound mushrooms

Cut the mushrooms, the vegetables, and the apple into small pieces, and fry in two ounces of butter. Mix the flour, chutney and curry powder together and sprinkle over the vegetables; add the lemon juice and stir over the fire for a few seconds, then add the boiling water and the macaroni which has been broken and boiled in salted water until tender. Mix well together and cook in a double saucepan for two hours. Serve with boiled rice.

SPAGHETTI CROQUETTES

¼ pound spaghetti
3 ounces of bread crumbs
1 teaspoon of salt and pepper
1 pint of boiling water
¼ pound grated cheese
½ teaspoon curry powder
1 tablespoon of butter
1 teaspoon of onion juice

Break and cook the spaghetti in quickly boiling water, stir till thick, add the cheese, butter and curry and cook three or four minutes; add the seasoning. Pour on a flat dish to

cool, mold into croquettes, crumb them, and fry in deep oil or butter till a golden brown. Serve hot.

CHESTNUT PATTIES

1½ pounds of chestnuts
2 tablespoons of cream
2 teaspoons of mixed herbs
8 or 10 pâté cases
¼ pint of milk

Throw the chestnuts into boiling water for half an hour, remove both outer and inner skins, and pass through a fine sieve, then add the cream, milk, herbs and pepper, and mix well together; if too stiff, a little more milk and cream can be added. Fill the cases and put them in the oven for fifteen minutes. Serve, garnished with parsley.

CHESTNUT PIE NO. 1

1 pound of chestnuts
2 ounces butter
3 ounces macaroni
2 tablespoons sauce
1 tablespoon rusk crumbs
1 tablespoon flour

Throw the chestnuts into boiling water for half an hour; take them out a few at a time, and skin them; pass them through a nut mill or sieve. Cook the macaroni in one pint of milk, drain, and cut up into small pieces. Make a sauce of the milk it was boiled in with the flour and butter. Grease a pie dish, and put a layer of macaroni at the bottom, then a layer of the sauce, then put the chestnuts. Add the rest of the sauce, and put a thin layer of macaroni and rusk crumbs on the top. Put in the oven for half an hour to brown.

CHESTNUT PIE NO. 2

1 quart of shelled chestnuts
½ pint can mushrooms
1½ pints white sauce
Biscuit crust

To shell the chestnuts, place them in boiling water, and boil ten minutes. While hot, remove the shell and inner skin with a sharp paring knife. Drain the liquid from the

mushrooms, and cut the latter in small pieces. Heat mushrooms in a tablespoon of butter in a double boiler; arrange the chestnuts and mushrooms in layers in a baking dish, and pour over them the white sauce. Roll biscuit dough about one-quarter of an inch thick, and cover the chestnuts. Make several openings in the top of the crust. Bake in a quick oven until nicely browned.

CREAMED CHESTNUTS

1 quart Italian chestnuts
1 cup white sauce

Plunge the chestnuts into boiling water, and boil them for ten minutes. With a sharp paring knife remove both the outer and the inner skin. Prepare one cup of white sauce, and add the cooked chestnuts, also one-half teaspoon salt. Cook a few minutes and serve.

CHESTNUTS WITH TOMATO SAUCE

Prepare the chestnuts as for Creamed Chestnuts, and serve with tomato sauce instead of white sauce.

NUT AND POTATO PATTIES

5 ounces of potatoes
2 ounces pine kernels
2 ounces of almonds or walnuts
1 ounce butter
1 tablespoon cream
A little parsley
Pepper and salt

Cook, and mash the potatoes with the butter and cream, and cut into rounds about two inches thick, with a tumbler; cover with moist bread crumbs, and fry in boiling oil until the outside is quite crisp. Take them out, and drain them, and make a hole in the center. Remove all the soft potato inside, or as much as possible without breaking the case. Grind the nuts together through a nut mill, and fill up the potato case with this. Or, if preferred, a filling of grated cheese is very nice, with a little chopped parsley on top. The above quantity will make six patties.

CHESTNUTS FRICASSEED

1 dozen chestnuts
½ pint savory white sauce
½ pint milk and water

Make a sauce according to recipe given for white sauce. Bake the chestnuts in a hot oven for ten minutes, or less if they are young. The peel and inner skin can then be easily removed. Drop them into milk and water — equal parts of each — and stew them gently with a little salt for half an hour, keeping the saucepan covered. Now drain, and put them on a dish, pouring the sauce over them. It will be best to try the chestnuts when they have been in the oven a little more than five minutes, as they should be removed as soon as the skin will come away easily. More chestnuts should be baked than are really wanted, as there are often bad ones among them.

BRAZIL NUT CUTLETS

4 ounces of bread crumbs
3 ounces skinned and grated Brazil nuts
½ pint white sauce
2 teaspoons mixed herbs — parsley, thyme and mace

After preparing the bread crumbs and nuts, run them both through a nut mill, and then add the herbs. To make the sauce for binding, put a teaspoon of butter into a small enamel saucepan, to which add gradually half a teaspoon of flour; when this boils, add about a teacup of milk. When boiled and thickened a little, add to the nuts and bread crumbs, and also a little lemon juice if liked. Allow it to cool, and then form into ten cutlets, and fry in boiling oil. Serve with bread sauce.

CHESTNUTS WITH BREAD SAUCE

1 dozen chestnuts
½ pint bread sauce
½ pint milk and water

Make the sauce according to recipe given for bread sauce.

Prepare the chestnuts as for chestnut purée, and smother with bread sauce.

CHESTNUT PURÉE

1 dozen chestnuts
½ pint milk
1 onion size of a walnut
1 ounce butter
Pepper and salt

Bake the chestnuts in a hot oven for about ten minutes, when the inner skin will come off easily. Put them in a saucepan with the milk and onions. Bring them quickly to boiling point, and then let stew gently for half an hour. Keep the saucepan covered while they are stewing. Now remove them from the milk, leaving the onion, and rub them through a sieve. Work half a teaspoon of corn flour into the butter; then stir three tablespoons of the milk, in which the chestnuts were stewed, into the chestnuts, and add the butter and corn flour and the seasonings. Stir over the fire until the butter is melted, and serve very hot.

CHESTNUT WHIP

Remove the shells of a pint of chestnuts and boil ten minutes, then drain and the skins will come off easily. Put them in boiling salted water, and cook half an hour, then drain, mash, and rub them through a colander. Season with a tablespoon of butter, salt and pepper to taste, and half a cup of cream, and beat thoroughly.

SCALLOPED CHESTNUTS

1 dozen chestnuts
½ pint milk
1 onion the size of a walnut
1 ounce of butter
Pepper and salt
Bread crumbs

Prepare the chestnuts exactly as in the preceding recipe until they are rubbed through a sieve. Then add three tablespoons of the milk in which the chestnuts were stewed, and a little pepper and salt. Now put the mixture in but-

tered scallop shells, and cover with bread crumbs. Break up the butter in small bits, and place it over the scallops; then put in hot oven for a few minutes to brown.

CURRIED VEGETABLES NO. 1

½ pound carrots
½ pound turnips
½ pound celery
½ pound onions
½ pound brown gravy
1 ounce butter
Curry powder

Cut the vegetables into small pieces, and throw them into a saucepan with cold water. Let them boil, then drain at once, and dry them on a cloth. Now put them in a saucepan with the butter, and fry them, taking care that they do not burn or get very brown. Have the gravy hot, add it to the vegetables and let them stew very slowly until they are quite tender, which will be in about half an hour. Now add curry powder to taste, and let the curry stand for another five minutes on the stove, then serve with plenty of boiled rice.

CURRIED VEGETABLES NO. 2

1 small cauliflower
¼ pound of carrots
4 ounces butter
¼ pound mushrooms
Salt
2 potatoes
1½ pounds onions
1 tablespoon of curry powder
1 apple
2 tomatoes

Chop and fry the onions, apple, mushrooms and vegetables in the butter until tender. Then add the curry, salt and enough water to moisten, cook a few minutes longer and turn out with a wall of boiled rice around it.

TOMATO PIE

Skin and slice four tomatoes and put them in a deep pie dish, cover with chopped parsley, minced onion, sliced cucumbers, butter, sugar, pepper and salt. Spread mashed

potatoes, well seasoned, over the tomatoes for an upper crust, sprinkle grated cheese over the potatoes and bake until evenly browned.

TOMATO AND FORCEMEAT PIE

1 pound of tomatoes Forcemeat Short paste

Put the tomatoes into boiling water for a few seconds, when the peel will come off easily. Slice them after they are peeled, and place them at the bottom of a shallow pie dish. Place a layer of forcemeat over them about an inch thick. Cover the dish with a short crust, and bake until the crust is done. Make the forcemeat according to the forcemeat recipe, and the crust from recipe for short paste.

TOMATO AND POTATO PIE

1 teacup of tomato purée
1 pound sliced tomatoes
¼ pound onions
1 ounce butter
Pepper and salt
Short paste
1 teaspoon chopped parsley

Slice the onions, and put them in cold water with the potatoes, let them boil up quickly, and boil for one minute, then drain, and put them in a pie dish. Now mix in the chopped parsley, tomato purée, butter, and pepper and salt to taste. Cover with a crust, and bake in a moderate oven one and one-half hours.

HOT POT

1½ pounds potatoes
¾ pound onions
1 small tomato
1 tablespoon chopped parsley
1 ounce butter
¼ pint milk
Pepper and salt

The onions and potatoes must both be weighed after they are peeled. Slice the onions and potatoes, and throw them into cold water. Bring them quickly to boiling point, and let them boil one minute — not more, then drain them. Put

them into a baking dish with the tomato, which must be skinned and sliced. Add the chopped parsley, which must be sprinkled over the potatoes and onions, and mixed in. Season with pepper and salt. Pour in the milk, and break up the butter in bits, and place it over the top. It can be baked in a covered baking dish or an ordinary pie dish, and will take two hours to cook in a moderate oven.

IRISH STEW NO. 1

12 potatoes
6 large onions
1 carrot
2 ounces butter
A little parsley
Pepper and salt to taste

Cut up the potatoes in one-inch squares; scald, and cut up the onions, chop the carrot and parsley. Boil all together in a pint of water until the vegetables are cooked, but not pulped. Add the seasoning and butter fifteen minutes before serving.

IRISH STEW NO. 2

3 pounds potatoes
3 large Spanish onions
2 turnips
1 cauliflower
2 ounces butter
1 ounce pearl barley
1½ pints water
Pepper and salt to taste

Put the butter in a large saucepan; scald the onions, slice them very thin, and cook in the butter for five minutes, then cut the potatoes into quarters, cut the turnips into one-inch squares, and break the cauliflower into small pieces; wash the pearl barley carefully, and add all to the onions and butter; then add the seasoning and the water last of all. Cover closely, and cook gently for three hours. A little chopped parsley may be added if liked.

The vegetables should be cooked until tender but not long enough to lose their shape and become mushy. It is important, too, that they should be well seasoned.

IRISH STEW NO. 3

1 pound potatoes
¾ pound of onions
1 ounce butter
½ pint milk
Salt and pepper

The potatoes and onions should both be weighed after peeling. Slice the potatoes and onions, and throw them into cold water; bring them quickly to boiling point, and let them boil for a minute. Drain them, and put them in a double pan; boil the milk, and pour it over them. Season with pepper, and add the butter. Stew for two hours and a half. Half a saltspoon of pepper and salt will season the stew nicely.

IRISH STEW NO. 4

Cut any cooked vegetables desired into dice, mix well and season with pepper, salt, minced onion, chives, parsley, chervil, or green pepper finely minced. The hash must be moistened with milk or water, half a cupful for a quart of hash. Melt a tablespoon of butter in a frying pan, put in the hash and spread lightly in the pan. Over this put dots of butter, using about a tablespoon. Cover the pan and place where the hash will not burn and cook half an hour, then fold and turn on a hot platter. A rich brown crust will have formed on the bottom of the hash if the heat was sufficient. Serve very hot.

MUSHROOM PIE

Peel and trim the mushrooms, sprinkle with pepper and salt and cook in butter until tender. Boil the potatoes, mash them, add salt, butter and milk. Line a buttered pie dish with the potatoes, put in the mushrooms and any juice that may have come from them.

Cover with a very light crust, and bake in a pie dish. Or a top crust of the potatoes may be used.

NOUILLES AND CHEESE

8 ounces of nouilles
3 pints of boiling water
2 ounces of butter
2 ounces grated Gruyère or Parmesan cheese
3 good sized tomatoes
Pepper and salt to taste

Let the water be boiling in an aluminum saucepan, and throw in the nouilles gently, let it boil slowly for about ten minutes, and allow it to stand for a few minutes. Have ready another enamel or aluminum saucepan about the same size, into which put the butter and tomatoes, which must be skinned and cut up, and let them cook while the nouilles are straining, about fifteen minutes. Now add the nouilles and seasoning to the tomatoes and butter, also the cheese. Mix all together.

TAPIOCA AND TOMATOES

1 tablespoon tapioca
1 ounce butter
2 medium-sized tomatoes
1 ounce Parmesan
1 ounce bread crumbs
Pepper and salt

Soak the tapioca for two hours in water, and then put it on to boil; add a little more water if necessary, until it is quite done, and the consistency of porridge. Put the tomatoes in boiling water for a few seconds, when the peel will come off easily. Slice them after they are peeled, and lay them at the bottom of a well-buttered baking dish. Season the tapioca with pepper and salt, and stir in half the butter, and spread it over the tomatoes. Now put in the Parmesan, and sprinkle the bread crumbs over the top. Break up the remainder of the butter in bits, and place it over the bread crumbs. Bake in a hot oven for about twenty minutes. The preparation of this dish will take less time if the Minute Tapioca is used. Follow the directions for cooking which appear on the package and proceed as in the above recipe. Season well.

PLAZA TOMATOES

3 tomatoes
1 tablespoon grated cheese
1 teaspoon sugar
2 tablespoons bread crumbs
1 tablespoon cream
1 teaspoon minced onion
Paprika and salt

Cut three tomatoes of uniform size in half and take out the pulp. Sprinkle the shell with salt and put the pulp in a saucepan with the cheese, onion, cream, paprika, salt, bread and a teaspoon of sugar. Cook a few minutes, then put the mixture in the halves with butter on top. Put into the oven, and cook until browned.

Serve each half on a piece of buttered toast.

TOMATO RAREBIT

2 tablespoons butter
2 tablespoons flour
¾ cup of milk
Salt, mustard, cayenne
⅛ teaspoon soda
1 pound cheese
¾ cup stewed and strained tomatoes

Cook the butter and flour together, add the milk, and as soon as the mixture thickens, add tomatoes and soda. Then add cheese and seasoning. Serve on toasted whole wheat or graham bread.

GREEN CORN, TOMATO AND CHEESE

1 tablespoon butter
2 cups of grated cheese
¾ cup canned or grated fresh corn
1 ripe pimento
1 teaspoon salt
½ teaspoon paprika
1 clove of garlic
4 slices of bread
½ cup of tomato purée

Into the melted butter, stir the cheese until it, too, is melted. Then add the corn and pimento, stir for a moment, and add the tomato juice, the salt and paprika. Have ready the bread toasted on one side, and very lightly rubbed on its untoasted side the garlic cut in two. Pour the mixture over the untoasted side of the bread, and serve at once.

FRIED BANANAS

Peel the bananas, slice them lengthwise, and cut in halves. Fry in hot butter or oil until browned. Season with pepper and salt and serve on pieces of buttered toast.

FORCEMEAT

4 ounces bread crumbs
1 onion as large as a hazelnut
1 dessertspoon chopped parsley
1 teaspoon flour
½ saltspoon grated lemon rind
½ teacup of milk
Very little nutmeg, pepper, and salt
1 ounce butter

Put the bread crumbs in a bowl. Slice the onion, mince it very fine, and add it to the bread crumbs with the parsley, lemon rind, nutmeg, flour and pepper. Two saltspoons of salt and half a saltspoon of pepper would be sufficient for most people. Now heat the milk, add the butter, and when it has melted, pour it over the breadcrumbs, etc. Stir well, and taste to see whether it is sufficiently seasoned; if not, add more seasoning. The mixture will now be ready for use.

GNOCHI

1 pint milk
¼ pound semolina
1 pint water

Boil the milk and water together in a double saucepan, sprinkle in the semolina, slowly stirring all the time, for three-quarters of an hour. Turn out to cool in a flat dish. When cold, cut into shapes, cover each with bread crumbs and flour, and fry in boiling oil or butter. A tablespoon of sweet herbs may be added if liked or a flavoring of onion.

SEMOLINA BALLS

Put one pint of milk in a saucepan and bring to boiling point. Add three ounces of semolina and stir over the fire until the mixture is stiff — about twenty minutes. Add one

tablespoon of cheese, salt and pepper. Turn on a plate in a flat cake and when cold form into balls, roll in crumbs and fry in boiling oil a golden brown.

SAVORY SEMOLINA

Put half a pint of milk into a double boiler and bring to the boiling point, then stir in two tablespoons of semolina, boil for fifteen minutes, stirring constantly. Add a little grated onion, two ounces of grated cheese, cayenne pepper, mustard, and salt. Butter a baking dish, or fireproof pie plate, place the savory semolina in it, sprinkle with bread crumbs, and pieces of butter, and brown in the oven.

SEMOLINA AND CHEESE RISSOLES

The above mixture when cold will make these. Form into rissoles, roll in rusk crumbs or raspings, and fry in boiling oil, or butter till brown.

HOMINY CROQUETTES

1 quart hominy
1 cup milk
1 tablespoon flour
1 tablespoon butter
2 teaspoons salt
½ to 1 cup bread crumbs

Drain the hominy, and put through a food chopper, or mash. Make a white sauce of the butter, flour and salt. Mix this with the hominy, and add bread crumbs sufficient to form into croquettes. Then have ready some dried bread crumbs to which two tablespoons of milk or water have been added. Dip the croquettes into the bread crumbs. Place in a buttered pan, and bake in a hot oven until evenly browned.

BANANA CUTLETS

4 bananas
½ pint of English walnuts
1 teaspoon of butter
1 cup of milk
1 tablespoon of flour
1 teaspoon of salt
1 teaspoon of lemon juice

Put the nuts through a nut mill and add mashed bananas; put the butter in a saucepan with the flour and milk, add the bananas and nuts. Cook for five minutes and add the salt and lemon juice. Turn into a dish to cool and form into cutlets and fry in boiling oil. Or the mixture may be put in a buttered baking dish and baked in the oven until brown.

WALNUT PIE

½ pint shelled walnuts
½ pint milk
Onion juice
½ pint bread crumbs
1 teaspoon salt
1 saltspoon pepper
1 tablespoon flour

Run the bread crumbs and walnuts through a nut mill, then mix them with one tablespoon of butter, onion juice, the flour made into a paste with the milk and seasoning. Bring to a boil in a saucepan and mix thoroughly, then pour into a shallow baking dish and bake a rich brown.

POLENTA

This dish, which is common in Italy, differs little, except in name, from hasty pudding, though it is served in very different ways. Sometimes cheese is added during the cooking. Polenta is often reheated with tomato sauce. The dish is improved by sprinkling each layer of polenta with cheese. When the polenta is to be reheated, it is well to cut it into small pieces in order that the sauce may be well distributed through the dish.

SAUCE FOR POLENTA

2 tablespoons of butter
2 tablespoons of flour
1 cup thick strained tomato juice
Salt and pepper

Melt the butter, and cook the flour thoroughly in it; add the tomato juice and seasonings, and cook until smooth, stirring constantly.

FRIED CORN MEAL MUSH

Packing hasty pudding in granite pans, cutting it into slices and frying it makes a good dish. In Italy, polenta is spread out in thin layers on a board, and cut in small blocks. These blocks are crumbed and fried in deep oil or butter. Another method is to mix corn meal in three times its value of water, and cook it in water only long enough to form a mush, and complete the cooking by frying the meal in butter. This is not so stiff as ordinary fried corn meal mush.

CORN MEAL MUSH WITH FRUIT

Corn meal mush is often served with dried fruits, particularly with figs and dates. In preparing such fruit for use with the mush, it is usually necessary to soften it. This can easily be accomplished by washing the fruit and then heating it in a slow oven. As a result of the heat the water remaining on the fruit is absorbed and the fruit softened and also dried on the surface.

CORN MEAL MUSH WITH CHEESE

For this dish yellow corn meal is usually used. For a mush made with one cup of yellow corn meal the usual allowance is one-half cup, or two ounces, of grated cheese. There is, however, no limit to the amount of cheese which can be added, and the addition of cheese tends not only to make a highly nitrogenous and nourishing dish, but also to make a dish which can be eaten without the addition of butter and cream. Like the ordinary corn meal mush, it is often fried either in deep fat, after having been crumbed, or in a small amount of fat.

CORN MEAL DUMPLINGS

2 cups corn meal
1 teaspoon salt
Boiling water
Flour for dredging

Mix the meal and salt; pour boiling water over the meal

and stir thoroughly, using water enough to make a stiff paste. Form portions of paste into flat dumplings about three inches in diameter. Have ready a kettle of boiling water and drop the dumplings in carefully, cover, and cook twenty minutes. These dumplings are often cooked with turnip tops or other greens. Some cooks dredge the dumplings with flour before boiling them.

CORN MEAL CUTLETS

Turn corn meal mush into bread tins previously wet with cold water; when cold, slice. Dip the sliced mush into bread crumbs. Place in a buttered pan, and bake in a quick oven until a rich brown. Serve with butter or maple syrup.

BREAD CUTLETS

Cut some neat slices of brown or white bread half an inch thick. Remove crust, and cut into large fingers; soak them in a mixture composed of milk, a little flour and sweet herbs and seasoning, and fry crisp, either in butter or oil.

MUSHROOMS IN CREAM

Peel and trim one pound of mushrooms and put them in a saucepan with one tablespoon of butter and cook a few minutes. Add one tablespoon of cream, and cook until the mushrooms are tender. Season with salt, pepper, and serve on toast.

BROILED MUSHROOMS

Peel the mushrooms, remove the stems, and place the caps on a buttered broiler. Broil five minutes, until the mushrooms are brown and tender. Place on a hot dish with a piece of butter in each cap and a drop of lemon juice. Dust with salt and pepper and serve very hot. They may also be served on hot buttered toast.

SCALLOPED MUSHROOMS

Skin one pound of mushrooms, cut them up and sprinkle with paprika and salt. Cook in butter for fifteen minutes, add one tablespoon of flour and mix well. Add one gill of milk and cook for five minutes. Then add one teaspoon of chopped parsley. Line a shallow baking dish with mashed potato, pour the mushrooms into it and make a border around the edge with mashed potato pressed through a forcing bag with a roseforcer at the end. Put in the oven for ten minutes. Serve in the same dish.

MUSHROOM UNDER GLASS

Fry the mushrooms, and then broil them; put them on a piece of toast, and cover with a good rich cream; place glass bell over the whole, and cook in oven about ten minutes.

VEGETABLES

Mine eyes smell onions, I shall weep anon.

SHAKESPEARE.

BOILED ASPARAGUS

Untie the bunch of asparagus, cut off the tough portion of the stalk, remove the scales, and wash very thoroughly. When thoroughly cleansed, retie with a white tape wide enough not to cut the asparagus. Stand in a kettle of boiling, salted water, and cook uncovered for ten minutes, allowing the tips to remain out of the water. Then lay the bunch down so that it is wholly covered with water, and cook another five minutes. Remove from the water, and serve with a dressing of melted butter. If desired, the asparagus may be served on toast. The asparagus may be cut in small pieces and cooked if preferred.

ASPARAGUS IN CREAM

Untie the asparagus, wash, remove the scales, and cut into half-inch pieces. Cook in sufficient boiling water — salted — to almost cover for ten to twelve minutes. Drain off the liquid, and pour over the asparagus some hot milk and cream in the proportion of one-third cream and two-thirds milk; also add butter for seasoning. One quart of asparagus will require one-third cup cream, two-thirds cup milk, two tablespoons butter and one-half teaspoon salt; or a white sauce may be used.

ASPARAGUS IN CANAPÉS

Prepare canapés by cutting stale bread into two and one-half-inch cubes. Remove a two-inch cube from the side,

forming a square receptacle. Toast in oven until evenly browned. Place a few asparagus tips in canapé and fill with cream sauce or cream tomato sauce.

ASPARAGUS WITH GREEN PEAS

1 pint cut asparagus
½ pint green peas
Water to cover well
1 teaspoon salt
1 teaspoon sugar
1 tablespoon butter
¼ cup cream

Select peas as tender and fresh as possible, as peas lose their sweetness after being gathered. Cook in boiling, salted water. The asparagus should be crisp and tender. If somewhat wilted, throw into cold water for a half hour or so. Remove the scales, and wash thoroughly by dashing up and down in several waters to make sure that all sand is removed. Cut into half-inch lengths, and cook in enough boiling, salted water to cover well. When both are tender, mix the vegetables and add the butter and cream for seasoning. They are also delicious without the cream.

JERUSALEM ARTICHOKES

Cut the washed and peeled artichokes into cubes, put in a saucepan, and cover with milk, a pint to quart of cubes. Add one small onion, and cook twenty minutes. Beat together in tablespoon of butter and one level tablespoon of flour, and stir this into the boiling milk. Then season with a teaspoon of salt and one-quarter teaspoon of pepper, and continue the cooking half an hour longer. The cooking should be done in a double boiler.

FRENCH ARTICHOKES

Trim the stems off and cut off some of the outside leaves and cut the top off straight across.

Remove the inside. Wash well, and place upside down to drain. Then put them in boiling water for half an hour

or until an outside leaf will pull off easily; drain well and serve with Béchamel or Hollandaise sauce.

ARTICHOKE BASE

Cut away all the leaves of the artichokes, leaving the base. Boil these in salted water until tender, about twenty minutes. Serve hot or cold with Hollandaise sauce.

SCALLOPED JERUSALEM ARTICHOKES

1 pound of artichokes
¼ pound grated Parmesan cheese
4 tablespoons bread crumbs
2 ounces butter
Pepper, salt

Wash, and pare the artichokes; boil them until quite tender, which should be in twenty minutes. Press all the water from them, and rub them through a sieve. Now beat in one ounce of butter, and season them with pepper. Butter either a French baking dish or sufficient china scallop shells to hold the mixture, room being left in each shell for the Parmesan and bread crumbs. If a dish has been used, spread the Parmesan evenly over the artichoke purée, and then the bread crumbs in the same way. Break up the remaining ounce of butter, and scatter over the dish. If the scallop shells are used, the Parmesan, bread crumbs and butter must be divided according to the number of scallops. They should be browned nicely in a quick oven.

FRIED JERUSALEM ARTICHOKES

Peel, and cut them through lengthwise, sprinkle with salt and fry in boiling oil or butter a golden brown. Drain on paper and serve very hot.

TO BLANCH STRING BEANS

Green beans should always be blanched. To do this, drain from the cold water, and put them into water that is boiling rapidly, allowing a teaspoon of salt to two quarts

of water. Boil rapidly, with the cover partially off the saucepan, for twenty minutes. Turn into a colander, and let cold water run upon them. The blanching may be done in the morning, and the beans finished for dinner at the proper time.

STRING BEANS

Remove the string, cut or snap into inch lengths, wash, blanch, and cook uncovered in boiling water for ten or fifteen minutes, adding the salt and butter the last few minutes of cooking. Drain, serve very hot. Cook in as little water as possible.

SALAD BEANS

1 quart string beans
2 tablespoons butter
1 tablespoon flour
1 teaspoon salt
1 cup hot water
1 tablespoon lemon juice

Remove the strings and ends by paring with a sharp knife, and cut into three-quarter inch lengths. Put to cook in sufficient boiling salted water to cover, and cook from one to three hours, according to the age of the beans. When tender, pour off the water and measure. There should be about one cup of the liquid. Rub the flour and one-half of the butter together. Pour over this, stirring constantly, the hot liquid; then place over the fire, and cook five minutes. When finished cooking, remove from fire. Add lemon juice, and pour over the cooked beans.

SCARLET RUNNER BEANS

The tender green pods are " whittled " into small sections after stringing and cooked in water until tender. Like all other green vegetables, they lose their color and delicate flavor if overcooked. These beans are best seasoned only with butter and salt. All the water in which they are cooked should be drained from them. They are delicious served cold as a salad.

KIDNEY BEANS

Kidney beans, when gathered, while the beans are still tender, may be cooked like lima beans. It takes from one to two hours.

LIMA BEANS

Shell 1 quart of beans and cook in boiling water from one to one and one-half hours, letting them simmer most of the time and adding salt the last half hour of cooking. Cook in just enough water to cover them that there may be none to drain off when the beans are cooked. Season with 2 tablespoons of butter and a teaspoon of salt, or a white sauce for vegetables may be used.

DRIED BEANS

Soak in plenty of cold water over night. Do not use warm water, as they may spoil. Cook slowly in boiling water until tender. There should be little liquid remaining when finished cooking. Season with butter and salt a few minutes before tender. Croquettes made from the lima beans are a nice left over dish.

DRIED BEANS SAUTÉ

Cook the beans until tender but not broken. Drain off the water, and save it for soup. For one quart of beans, put three tablespoons of butter in a sauté pan. When the butter is hot, put in the dried beans, which have been seasoned with a tablespoon of salt and one-half teaspoon of pepper. Cook over a hot fire for fifteen minutes, frequently turning the beans with a fork. Cover, and cook for half an hour where they will not burn. If the beans are liked moist, add a cup of milk or water the last half hour of cooking.

They must be cooked until all the liquid is absorbed or if any remains when the beans are tender it must be drained off. They may be served with a tomato sauce.

BAKED BEANS NO. 1

Cook the beans gently until the skins begin to break. Then drain off the water. Put the beans in a bean pot or deep earthen dish, and add seasonings and water to cover the beans. The simplest seasoning is one tablespoon of salt and one-half teaspoon of pepper to a quart of beans. Mix the salt and pepper with the water. A tablespoon of mustard may be added as well as a tablespoon or more of molasses and an onion. Bake the beans in a very moderate oven for eight or ten hours. Add a little boiling water from time to time, but never enough to bring the water beyond the top of the beans. Any kind of dried beans may be baked in this manner, but the small pea bean is the best for Boston Baked Beans. Do not cover the beans while baking.

BAKED BEANS NO. 2

1 pint white beans
1 tablespoon malt honey or molasses
2 tablespoons brown sugar
3 pints boiling water
2 teaspoons salt
¼ cup butter

Soak the beans over night in cold water; then cook in cold water, and parboil for ten minutes. Drain off this liquid, and add three pints of boiling water. Cook about two hours or until the beans begin to break open. Then add the seasoning, and turn into a covered bean pot or baking dish, and bake in a slow oven four or five hours; add water if necessary during the baking process.

Remove cover a half-hour before finished baking to allow beans to brown.

BAKED LIMA BEANS

1 quart dried lima beans
¼ cup butter
1½ tablespoons salt
3 cups milk

Soak the beans over night, and cook in water until tender.

Drain, put in a baking dish, and add butter, milk and salt. Bake one and one-half hours slowly.

BEAN CROQUETTES

3 cups stewed or baked beans
3 cups corn flakes
2 tablespoons butter
3 tablespoons strained tomato
1½ teaspoons salt

Soak one cup of beans in cold water over night, then cook in three or four pints of water, and cook until tender; when quite dry, add the butter, strained tomato and salt if desired. Lastly, fold in the cornflakes—the quantity of flakes will depend upon the dryness of the beans—and form into croquettes. When shaped, place in a hot oven, and bake until nicely browned.

BUTTERED BEETS

Wash, and cook the beets in boiling water until tender, which will require from one to four hours according to the age of the beets. Drain, and turn into cold water. Remove the skins, slice, sprinkle with salt, and moisten with melted butter, using two tablespoons of butter to one quart of sliced beets. Reheat, and serve.

ITALIAN BEETS

½ cup butter
1½ teaspoons salt
½ dozen medium sized beets
⅔ cup lemon juice
3 cups hot water
⅓ cup flour

Wash the beets, and put into boiling water. Cook from one to four hours, or until the skins will loosen from the beet. Put into cold water, and remove the skin. Cut the beets lengthwise through the center in about eight pieces. Make a sauce of the remainder of the ingredients given above.

Mix the flour and three-quarters of the butter; add the hot water slowly, stirring constantly. Cook five minutes, and then add salt, remaining butter, and the lemon juice.

Turn the beets into this sauce, and when thoroughly reheated, serve.

BEET GREENS

Do not separate the roots from the leaves and wash thoroughly in many waters. Put in a saucepan and cover generously with boiling water. Add a teaspoon of salt for every two quarts of greens. Boil rapidly until tender, about thirty minutes. Drain and chop fine, season with butter and salt.

BRUSSELS SPROUTS BLANCHED

Remove the wilted or yellow leaves from the sprouts, cut the stock close to the head, and soak in salted cold water for an hour or more. Drain well, and put into plenty of boiling, salted water. Allow one teaspoon of salt to two quarts of water. Boil rapidly for fifteen to twenty minutes. When done, turn into a colander, and pour cold water over the heads. They are now ready to cook in butter or to serve with any kind of sauce. Or the water may be drained from the sprouts, which may then be seasoned with butter, salt and pepper.

BRUSSELS SPROUTS SAUTÉ

1 quart Brussels sprouts
3 tablespoons butter
½ teaspoon salt
¼ teaspoon pepper

Blanch the sprouts, and drain well. Put them into a broad-bottomed saucepan with the butter and other seasonings. Place over a hot fire, and shake frequently. Cook five minutes, and serve hot.

CREAMED BRUSSELS SPROUTS

Pick out, and remove the wilted leaves, and soak in cold water fifteen minutes. Cook in boiling, salted water about twenty minutes or until tender. Drain, and cover with white sauce, using one cup of the white sauce to each pint of the sprouts.

The brussels sprouts may be served with a butter dressing the same as buttered cauliflower.

BOILED CABBAGE

Cut a small head of cabbage into four parts, cutting down through the stock. Soak for half an hour in a pan of cold water to which has been added a tablespoon of salt; this is to draw out any insects that may be hidden in the leaves. Take from the water, and cut into slices. Have a large saucepan half full of boiling water, and put in the cabbage, pushing it under the water with a spoon. Add one tablespoon of salt and one-quarter teaspoon of baking soda. Cook from twenty-five to forty-five minutes, depending upon the age of the cabbage. Turn into a colander, and drain for about two minutes. Put in a chopping bowl, and mince. Season with butter and pepper, and more salt if needed. Allow a tablespoon of butter to a pint of cooked cabbage. Have the kitchen windows open at the top while the cabbage is boiling, and there will be little if any odor of cabbage in the house. Over-cooking turns cabbage yellow, gives it a strong flavor, and is the cause of digestive disturbance.

CABBAGE AU GRATIN

Boil the cabbage, put it in a colander and press out all the water; then put it in a chopping bowl and mince. Put a layer of the chopped cabbage in a baking-dish and cover with a layer of cheese, and a layer of white sauce made of 1 cup of milk, 1 tablespoon of flour, 2 tablespoons of butter, seasoned with salt and paprika. Fill the baking dish with layers in this order, making the top layer of bread crumbs dotted with bits of butter. Bake in the oven until the bread crumbs are nicely browned.

The sauce bubbling through the crumbs is an indication that it has been sufficiently cooked.

STEWED CABBAGE IN MILK

Cut the cabbage into thin slices and put it in a saucepan of actively boiling water. Cook for twenty minutes, then drain. Pour over it enough milk to well cover it, add salt, pepper, paprika, and a pinch of mace, and cook until tender and until the milk only moistens the cabbage, not enough to pour off. Add a tablespoon of butter, and serve hot.

CREAMED CABBAGE

1 pint boiled and minced cabbage
½ pint hot milk
1 tablespoon butter
1 teaspoon flour
½ teaspoon salt
½ teaspoon pepper

Put the cabbage, hot milk, salt and pepper in a saucepan on the fire. Beat the butter and flour together until creamy, and then stir into the contents of the saucepan. Simmer ten minutes until the raw taste of the flour is gone, being careful not to scorch the sauce. Serve very hot.

PURÉE OF CABBAGE AND POTATOES

1 pint boiled and minced cabbage
6 medium-sized potatoes
2 tablespoons butter
2 teaspoons salt
½ teaspoon pepper
½ pint hot milk

Peel the potatoes, and put them in a saucepan with enough boiling water to cover them. Cook just thirty minutes. Pour off the water, and mash fine and light. Beat in the hot milk, seasoning and cabbage. Cook about five minutes longer.

HOT SLAW

Slice the cabbage into thin shreds, and boil for twenty minutes in salted, rapidly-boiling water. Press out all the water and marinate it with a sauce made of two tablespoons of butter, one teaspoon salt, one-half saltspoon of pepper and paprika, and one cup of pear vinegar. Mix well and put in a covered saucepan on the back of the range for a

few minutes so that the cabbage and sauce will become well blended and will be kept hot.

COLD SLAW

Cut a firm cabbage in fine shreds. Pour over it a French dressing, using an extra quantity of salt. Mix it thoroughly.

CARROTS

Wash the carrots, scrape them lightly and cut into balls with a French potato scoop, or dice. Put in a stewpan with salted boiling water, allowing a teaspoon of salt for a quart of water and boil until tender. Young carrots will cook in thirty minutes and old ones in forty-five. Drain and season with salt, pepper and butter.

CARROTS À L'ALLEMANDE

Wash and scrape young carrots, boil them in salted water and drain. Put them in a saucepan; for each pint add one tablespoon of butter, one teaspoon of sugar, half a teaspoon of salt and one gill of water. Cook over a hot fire until the carrots have absorbed the seasoning and liquids.

CREAMED CARROTS

3 cups diced, cooked carrots 1 cup white sauce

To prepare the carrots, select two large or three medium-sized carrots, wash and scrape, and drop at once into cold water to prevent discoloration. Cut into half-inch cubes, or if preferred, cut lengthwise into quarters, and then into one-inch pieces. Steam or cook in boiling water—salted—one or two hours, or until tender. Prepare white sauce or cream sauce. Drain the carrots, and add the sauce; reheat and serve. Or instead of the sauce, put the diced carrots in a sauce pan with 1 tablespoon of butter, 1 teaspoon of sugar, half a teaspoon of salt and 1 gill of water and cook until all the liquid is absorbed.

CARROTS WITH GREEN PEAS

1½ pints diced carrots
1 can peas
1 pint sauce for vegetables

Prepare the carrots the same as for creamed carrots. Cook in boiling water until tender, adding salt one-half hour before they are done. Drain and prepare the sauce for vegetables, using all milk for the liquid. Drain and warm the peas, and add to the vegetables and sauce. Bring to the boiling point, and serve.

SUGARED CARROTS WITH PEAS

Wash and scrape the carrots; then cut in slices or dice, and put in a saucepan with boiling salted water. Cook until tender, then strain, and return to the saucepan with one-half cup of butter and one tablespoon of sugar. Cover, and cook slowly until the carrots are coated with the butter and sugar. Add one pint of hot cooked peas, season with butter, salt and pepper, and serve hot.

BUTTERED CAULIFLOWER

Remove all the green leaves, and place the cauliflower head downward in cold water to which has been added one tablespoon of salt to each quart of water. Soak one-half hour or more to draw out any insects that may have found their way into the flowerets. If the head is to be cooked whole, tie it in a cheesecloth to prevent breaking. Boil in salted water until tender, about twenty minutes, taking care not to cook longer than necessary. Drain, and serve with melted butter.

CREAMED CAULIFLOWER

1 medium-sized head of cauliflower
1 cup white sauce

Prepare and cook the cauliflower as for buttered cauliflower. Prepare one cup of white sauce, using for the liquid

milk only. Separate flowerets, and mix the cauliflower with the sauce. Cook about five minutes or until the cauliflower is thoroughly seasoned with the sauce.

SCALLOPED CAULIFLOWER

Remove the leaves, separate the flowers, and soak in a pan of cold salted water half an hour. Put in a saucepan of boiling salted water and cook with the lid partly off for twenty minutes, boiling gently all the time; drain and put a layer of boiled cauliflower in a baking dish, cover with a white sauce and bread crumbs, then another layer of cauliflower, and one of white sauce, making the last layer of buttered bread crumbs. Bake in a hot oven for twenty minutes until nicely browned.

CAULIFLOWER AND TOMATO

1 cauliflower
3 tomatoes
3 tablespoons melted butter
3 ounces grated Parmesan cheese
1 ounce of bread crumbs
Pepper and salt to taste

Cook the cauliflower until tender, then pass it through a coarse sieve with the tomatoes, which have been previously skinned, mix in the melted butter, and add the cheese and pepper. Stir very lightly, and put into a buttered baking dish. Sprinkle with bread crumbs, and bake from twenty minutes to half an hour.

CAULIFLOWER AU GRATIN

1 large cauliflower
1 ounce brown bread crumbs
1 ounce butter
1 tablespoon flour
1 gill milk
3 ounces grated cheese
Pepper and salt to taste

Clean, and partly boil the cauliflower, and drain it well. Make a sauce as follows: Melt the butter in a saucepan, stir in the flour, pour the milk in, and let it boil for ten minutes, stirring all the time; then add the cheese and pepper.

Pour this sauce over the cauliflower, broken into flowerets, sprinkle the bread crumbs on top, and put into a Dutch oven for fifteen minutes, until browned all over. It must be served very hot.

CAULIFLOWER CURRIED

A medium-sized cauliflower ½ pint brown sauce
Curry powder

Prepare the cauliflower exactly as in the following recipe, but it should be divided into pieces about the size of a large walnut. When the cauliflower is tender and well drained, place it in a saucepan, and pour over it the sauce in which a teaspoon of curry powder has been well mixed. Let it stand for ten minutes, where it will not boil, but will keep very hot. The sauce must be made according to the recipe for brown sauce, but a little more thickening must be added. More or less curry powder can be added, but this quantity will suit ordinary tastes.

Serve with boiled rice.

CAULIFLOWER WITH PARMESAN CHEESE

A small cauliflower ¼ pint plain white sauce
2 ounces grated Parmesan cheese

Trim all the green from the cauliflower, wash it well, and cut the stalk so that it will stand firmly on a baking dish. Place it in a little vinegar and water for a quarter of an hour to draw out the insects; then put it into boiling water with a little salt. It will take about twenty minutes to boil. Try the stalk to see whether it is tender; it must not be broken.

Drain it very carefully, and place in baking dish; a French fire-proof dish is the best, as the cauliflower can be sent to table in it.

Make a quarter of a pint of sauce from recipe for white sauce. Pour this carefully over the cauliflower; then

sprinkle the Parmesan cheese over the sauce, and brown it in a hot oven. Serve immediately.

CAULIFLOWER À LA MAÎTRE D'HÔTEL

1 ounce of butter
1 ounce bread crumbs
1 cauliflower

Cook the cauliflower first, and pick out all the white pieces, and sprinkle them with bread crumbs, and put over them pieces of butter. Pour the following sauce over:

2 ounces grated cheese
1 ounce butter
1 pint of milk
1 tablespoon flour
1 teaspoon salt

SAVORY CAULIFLOWER

1 cauliflower
2 ounces butter
Small bunch sweet herbs
1 onion, carrot and a little sliced celery
1 tablespoon flour

Fry the onion, carrot, celery and herbs all together in the butter. When nicely browned, shake in the flour, pour on a pint of boiling water, stirring it well all the time, and let it cook gently for half an hour; then pass it through a hair sieve. Boil the cauliflower separately until well cooked, drain it, and pour the above sauce over. Put in the oven a few minutes, and serve very hot.

CELERY

Wash the celery thoroughly, cut off the roots and leaves, separate the stalks, and put in cold water for fifteen minutes; by adding a slice of lemon to the water celery is kept white and made crisp. Only the inner stalks should be eaten raw.

STEWED CELERY

Wash and scrape the celery. Cut in one-half inch pieces, and cook uncovered in boiling, salted water twenty-five minutes. Serve with cream poured over it seasoned with salt

and pepper. Sauce can be made by using milk and part water in which the celery was cooked thickened with flour.

CELERY WITH BROWN SAUCE

Cut the celery into inch pieces and boil in salted water for ten minutes. Drain and put in a saucepan with a sauce made as follows:

Take two tablespoons each of butter and flour, one teaspoon salt, one-quarter teaspoon pepper and cook until the flour is a rich brown, add enough water to make a thin sauce and in this put the celery and cook slowly for twenty minutes.

CELERY AND CHEESE

2 cups of celery cut in ½-inch pieces
1 bay leaf
1 tablespoon flour
1 tablespoon butter
1 cup Parmesan cheese
1 cup of buttered crumbs
1 pint of cream or milk
Salt and pepper

Cook the celery in the milk for half an hour, then drain. Make a sauce with the flour, butter, the milk the celery was boiled in, the bay leaf and the seasoning. When well cooked remove the bay leaf and add the cheese. Put into a buttered baking dish the boiled celery, then cover well with the sauce, sprinkle over the buttered crumbs, and set in the oven to brown.

CELERY CROQUETTES

2 or 3 heads of celery, according to size
2 bay leaves
1 pint of milk
2 tablespoons cream
Pepper, powdered mace and salt

Trim and wash the celery, and cut it into short lengths. Then pour some boiling water on, and let it stand for ten minutes. Put the milk into a saucepan with the bay leaves, mace and pepper, and then add the celery to this, letting it cook until tender. When tender drain, and cut it into small

pieces. Melt a teaspoon of butter in a saucepan, and stir in an ounce of flour; when well mixed, add a gill of milk. Stir till it boils, and put in the chopped celery. Cook for about fifteen minutes, adding a little pepper and a little cream. Spread the mixture on a dish, and let it get cold. Make up into croquettes, roll them in rusk crumbs, and fry in boiling oil to a golden color. Drain well on a cloth or paper, and serve hot.

CELERY AU GRATIN

4 heads of celery, white part only
2 tablespoons grated Parmesan cheese
1 pint milk
1 tablespoon flour
1 tablespoon butter
Pepper and salt to taste

Cook the celery in the milk for half an hour, salt, and then drain and cut in three-inch lengths; make a sauce with the flour, butter, and the milk the celery was boiled in, and then add the cheese; mix well, butter a baking dish, put in a layer of celery and then a layer of sauce till the dish is full. Sprinkle bread crumbs on the top, and add bits of butter. Put in the oven to brown. Cook about half an hour.

CELERY AND MACARONI STEW

3 heads of white celery
1 pint of milk and water
1 bay leaf
1½ gills Béchamel sauce
Little pepper and salt
2 ounces macaroni
A grate of nutmeg

Trim and wash the celery, and boil it till tender with the bay leaf in the milk and water. Drain, and cut into short lengths. Cook the macaroni in boiling water; drain, and cut into short lengths also. Heat up the sauce, and add the celery and macaroni, with the seasoning, and let the whole simmer for fifteen minutes. Do not break the celery or macaroni, and serve very hot.

CELERY STICKS

1 head of celery
½ a cream cheese
Pepper, salt, mustard, cayenne and little chopped parsley
1 ounce butter

Clean the celery, and cut the nicest white sticks into three lengths. Mix the butter, cheese and seasoning together and fill in the concaves with the mixture. Serve garnished with parsley.

CELERIAC

Pare the celeriac, cut in thin narrow slices, and put into cold water. Drain from this water, and drop into boiling water, and boil thirty minutes. Drain and rinse with cold water. The celeriac is now ready to be prepared the same as celery.

PURÉE OF CELERIAC

1 quart celeriac cut in dice
2 tablespoons butter
1 teaspoon salt
1 gill cream
1 tablespoon flour

Cook the celeriac thirty minutes in boiling water, rinse in cold water, and then pass through a purée sieve. Put the butter in a saucepan on the fire. When hot, add the flour and stir until smooth and frothy, and then add the strained celeriac, and cook five minutes, stirring frequently. Add the salt and cream, and cook five minutes longer. If the purée seems dry, add more cream. Serve very hot, on toast or fried bread.

BOILED CORN ON THE COB

Free the corn from the husks and silk. Have a kettle of water boiling hard, drop the corn into it, and cook ten minutes. If only a few ears of corn are put in the boiling water, the temperature of the water is not lowered greatly, and the corn will cook in eight minutes. On the other hand,

if much corn is put in, the time of cooking must be increased. Surround the corn with a generous amount of boiling water.

BAKED CORN

Pour the corn into a strainer and let cold water run through it. Put it in a baking dish, and to one can of corn add 2 tablespoons of butter, one-half cup of cream or milk, one-half teaspoon of salt and a pinch of pepper. Mix thoroughly. Put in the oven and bake until a brown crust is formed.

CORN FRITTERS

Cut through the center of the grains down each row and press out the pulp. To a pint of pulp, add one tablespoon of butter, a teaspoon of salt, pinch of pepper and enough flour to bind it. Mold into small cakes, and sauté in butter; or drop by the spoonful into hot oil.

CREAMED CORN

1 can corn
1 tablespoon flour
1 tablespoon butter
¼ teaspoon salt
1 cup milk

Heat the corn. Rub together the salt, butter and flour, add a little of the warm milk, then the remainder. Cook the sauce in a double boiler ten minutes, add to the corn, reheat, and serve.

SCALLOPED CORN

¼ cup butter
¼ cup flour
½ teaspoon salt
1 tablespoon sugar
1 pint fresh corn or drained canned corn
1 cup bread crumbs
⅛ cup cream
1½ cups hot milk

Heat the milk in a double boiler. Mix the butter and flour together, and add the hot milk, stirring meanwhile. Then add the fresh cut corn, salt and sugar. Bring to the

boiling point, and turn into baking dish. Cover the top with the bread crumbs, moistened slightly with the cream, and bake fifteen to twenty minutes. A tablespoon of butter may be used instead of the cream.

SUCCOTASH

1 pint cooked lima beans
1 cup stewed or canned corn
1½ tablespoons butter
½ teaspoon salt

To prepare the beans, take four-fifths of a cup of dried lima beans, soak an hour or more in cold water; drain, and add one quart hot water. Cook until almost tender. Add the salt, and finish cooking. Allow the liquid to evaporate before removing from the stove. Add the corn, butter and salt. Reheat, and serve.

CREAMED JAPANESE CROSNES

1 quart crosnes
1 pint milk
3 tablespoons butter
3 tablespoons flour
1 teaspoon salt

Cleanse the crosnes thoroughly by scrubbing with a vegetable brush, plunge them into boiling, salted water, and boil ten or fifteen minutes, or until tender. Drain, and prepare a white sauce of the milk, butter, flour and salt. Turn the sauce over the crosnes, and cook two or three minutes.

STEWED CUCUMBERS

Stew pared cucumbers, cut in quarters or thick slices, for fifteen minutes in a saucepan with a little water and a minced shallot or a small minced onion. Pour off the onion. Pour off the water, stir in a little flour, milk, butter and salt. Heat for two or three minutes, and serve.

CUCUMBER SAUTÉ

Boil pared and quartered cucumbers for three minutes only. Then drain the pieces, and season with salt and pep-

per. Roll in flour, and cook in a saucepan with butter for twenty minutes. This dish may be varied by adding minced parsley, chives and chervil about five minutes before the cooking is finished.

CUCUMBERS STEWED WITH ONIONS

A moderate-sized cucumber
½ the cucumber's weight in onions
½ pint milk
A dessertspoon of white roux or a teaspoon of cornflour
1 ounce of butter
Pepper and salt

Peel the cucumber and cut it into halves lengthwise, and again into pieces about two inches long. Peel, and slice the onions, and throw them into cold water, bring them quickly to the boiling point; boil for one minute; then drain. Now put the cucumber with the scalded onions, and in a saucepan with the milk and a little pepper, and let them boil, and then stew gently for half an hour. Thicken with either the white roux or the cornflour. Serve very hot with croûtons or pieces of toast.

STUFFED CUCUMBERS

4 rather large cucumbers
1 tomato
1 tablespoon chopped onion
2 tablespoons melted butter
2 cups boiled or steamed rice
1 teaspoon salt

Peel the cucumbers, and cut into halves, removing the seeds and some of the pulp. Peel the tomato, and cut into small pieces. Mix with the chopped onion, add the cooked rice, salt and butter. Fill the half cucumbers with the mixture, and bake covered until the latter are tender, or about forty-five minutes in a hot oven. Remove the cover for the last part of the baking.

CUCUMBERS WITH TOMATOES

Prepare the tomatoes as for scalloped tomatoes, adding to each layer of tomatoes slices of cucumbers. Season well.

DANDELION

Wash thoroughly, cut off the roots, drain, put in a stew-pan and boil one hour until tender in boiling salted water. Drain again, chop fine, season with butter, salt and pepper, and serve with vinegar or lemon juice.

SCALLOPED DASHEEN

4 medium-sized dasheen
1 cup milk
1½ tablespoons butter
1 tablespoon flour
1 tablespoon cracker crumbs
1 teaspoon salt

Wash and scrub the dasheen, boil, and slice. Butter a baking dish, and put in a layer of sliced dasheen, sprinkle with salt and flour, and dot with butter. Add another layer of dasheen and the other ingredients, finishing with the flour and butter on top. Pour on the milk, and sprinkle cracker crumbs or toasted bread crumbs on the top, and bake in a moderate oven about one-half hour. The quantity of milk and butter will vary according to the size of the dasheen.

SLICED DASHEEN IN CREAM

Scrub the dasheen tubers clean, peel, and slice. Arrange in ramekin dishes or individual bakers in layers, sprinkling salt between each layer. Fill the dishes with a mixture of one-third cream and two-thirds milk. Place in the oven, and bake until the dasheens are tender, which will require about thirty minutes.

FRIED EGG PLANT

Pare and cut egg plant into slices half an inch thick. Sprinkle the slices with salt and pile them upon one another; put a plate with weight on top of the slices. Let it rest for an hour, then remove. Dust the slices with pepper and salt, cover with cracker crumbs and fry in deep oil or vegetable fat. Drain on paper and serve very hot.

BROILED EGG PLANT

Pare and slice the egg plant, then spread the slices on a dish, season with pepper, and baste with salad oil, sprinkle with dried bread crumbs, and broil.

CREAMED EGG PLANT

1 quart diced egg plant
1 pint water
1 cup milk
2 tablespoons butter
2 tablespoons flour
1 teaspoon salt
¼ teaspoon celery salt

Peel the egg plant, and cut into three-quarter inch cubes. Cook in boiling, salted water. When tender, drain off the liquid. Make a white sauce of the milk, flour, butter, celery salt and one-half the salt. Mix the egg plant with the white sauce, and cook a few minutes.

STUFFED EGG PLANT

Select a firm, unspotted egg plant. Boil in salted water fifteen minutes, turning frequently to insure even cooking. Remove the top and the pulp by the aid of a knife and spoon or cut in halves. Leave about one-third of an inch thickness next to the skin. Put one tablespoon butter, one-half teaspoon salt, and one-half of a small onion thinly sliced in a double boiler. Cook ten to fifteen minutes. Then add one cup of stale bread crumbs, and mix with the butter and onions. Chop the pulp, and add the buttered crumbs. Add one to two tablespoons water. Refill the egg plant, and bake in the oven thirty to forty-five minutes.

BAKED EGG PLANT

1 quart diced egg plant
1 cup milk
2 tablespoons butter
2 cups bread crumbs
½ teaspoon salt

Peel the egg plant, and cut in three-quarter inch cubes. Soak in cold water, to which one tablespoon of salt to one

quart of water has been added. Soak one-half hour or more. Cook in boiling, salted water. When tender, drain, add salt and milk, and pour over the egg plant. Melt the butter, and stir in the crumbs. Add the buttered crumbs, and bake in an oiled pan in a moderate oven until set.

KALE

Remove all the old leaves. Wash thoroughly, and drain. Then cook in a kettle of boiling water to which has been added salt in the proportion of one tablespoon to four quarts of water. Boil rapidly with the cover off until tender. Pour off the water, and chop the kale fine, then put back in the kettle, and add one tablespoon of butter and two of water for each pint of minced vegetable. Add more salt if required. Cook for ten minutes, and serve at once. The time required for cooking the kale varies from thirty to fifty minutes.

SEA KALE

The young shoots are cooked in the same way as asparagus. The flower heads may be cooked like cauliflower.

SCALLOPED SEA KALE

Cold boiled sea kale	Butter
Bread crumbs	Pepper and salt

When any sea kale is left, it can be cut into inch lengths and put into buttered scallop shells, with any remaining sauce and seasoning. Cover with bread crumbs; put bits of butter over the top, and bake in a hot oven for ten minutes.

BOILED KOHL-RABI

Wash and pare young kohl-rabi, using vegetables of not more than two or three inches diameter. Cut in thin slices, put into slightly salted boiling water, and boil with the cover partially off the saucepan, until the vegetable is

tender, about thirty to fifty minutes. Pour off the water, and season with butter, salt and pepper.

LENTILS

Lentils may be cooked in purées, soups, etc., like dried beans.

BAKED LENTILS

1 pint lentils
2 quarts cold water
1 teaspoon lemon juice
2 small onions
4 whole cloves
1½ teaspoons salt
½ tablespoon mint
1 tablespoon thyme
2 tablespoons summer savory
1 teaspoon sage
4 tablespoons chopped parsley
3 tablespoons butter

Wash the lentils, and soak several hours. Cook the lentils with the herbs, onions and cloves tied in a bag, until the water is absorbed, and the lentils are soft but retain their shape. Then remove the bag of seasoning, add three tablespoons butter and the salt, and put the lentils into a buttered dish. Bake a half hour in the oven. Garnish with parsley, and serve.

LENTIL AND POTATO LOAF

1¾ cups lentil purée
2 tablespoons butter
¼ cup cream
1 teaspoon salt
⅓ teaspoon sage
2 cups riced potato
1 tablespoon butter

To prepare the lentil, soak one cup of raw lentils over night. Then cook in boiling water until tender, which will usually require an hour or more. When almost done, allow the water to evaporate until the lentils are quite dry. Put them through a colander to form a purée. Then mix with the purée the butter, cream, salt and sage. To prepare the potatoes, peel and cook two or three medium sized potatoes in boiling, salted water until tender. Drain, and dry by shaking gently over the flame. Force through a ricer or

colander, season with butter, and if necessary, additional salt. Place the lentil mixture in the bottom of a buttered baking dish or pan, and on top of this place a layer of the mashed potato. Brush the top with a little cream or melted butter, and bake until nicely browned.

STEWED LETTUCE

Trim away all the outer leaves and the stalks and boil four heads of lettuce in salt and water for twenty minutes. Then put them in cold water, drain, and chop lightly. Now put into a saucepan with two tablespoons of cream, one tablespoon of butter, one teaspoon of flour, pepper and salt and one tablespoon of lemon juice. Serve with a border of well seasoned mashed potatoes.

BOILED LETTUCE

Wash four or five heads of lettuce, carefully removing thick, bitter stalks and retaining all sound leaves. Cook in plenty of boiling, salted water for ten or fifteen minutes; then blanch in cold water for a minute or two. Drain, chop lightly, and heat in a saucepan with some butter, salt and pepper to taste. If preferred the chopped lettuce can be heated with a pint of white sauce, seasoned with salt, pepper and grated nutmeg.

OKRA

Boil young pods of okra in boiling salted water until tender, about twenty minutes. Drain and heat for five minutes with a scant cup of cream, a tablespoon of butter, salt and pepper.

OKRA AND TOMATOES

1 quart okra
6 large tomatoes
or
1 pint can tomatoes
1 tablespoon butter
1 teaspoon salt
½ small onion
Water

Wash and remove the stem ends of the okra pods, cut into thin slices. Peel the tomatoes, and press out the seeds. Cut into small pieces, add sliced onion, salt, and sufficient water to almost cover. Cook thirty minutes. Add the butter.

BOILED ONIONS

Cover the onions with cold water, and peel them with a sharp knife while under water. Put in a saucepan, cover generously with boiling salted water, and boil rapidly for ten minutes; drain, cover with fresh boiling, salted water and simmer for forty minutes. Drain again, and season with salt, pepper and melted butter.

SCALLOPED ONIONS

Place boiled onions in a baking dish, pour over them a rich white sauce, sprinkle with buttered cracker or bread crumbs, and bake until the crumbs are nicely browned.

CREAMED ONIONS

1 quart onions
2 tablespoons butter
2 tablespoons flour
1⅓ cups water in which the onions are boiled
½ teaspoon salt

Peel the onions under cold water, and cook in boiling, salted water. Boil five minutes, drain, and again cover with boiling, salted water. Cook uncovered until tender, taking care not to boil so rapidly that the onions are broken. Drain, and reserve one and one-third cups of the water with which to make the dressing. Rub the butter and flour together, and stir into it the warm liquid. Add additional salt if desired. Turn this dressing over the onions, and reheat a few minutes.

YOUNG ONIONS IN CREAM

Procure tender, young onions or scullions in as fresh condition as possible. Cut off the tops, leaving about one inch

of the green. Remove the outer skin of the onion, and cut off the root end. Cut into half-inch lengths, and prepare and serve the same as asparagus in cream.

STEWED ONIONS

1 quart onions
¾ cup milk
2 tablespoons butter
¼ teaspoon salt

Peel the onions under cold water, cook in boiling, salted water, changing the water at the end of five minutes, and again at the end of ten to remove the strong flavor. Cook uncovered until tender. Drain, add milk and butter, and cook fifteen minutes.

BAKED ONIONS

6 medium-sized onions
1 teaspoon salt
1 tablespoon butter

Peel the onions, and cook in boiling salted water. Boil five minutes, drain, and again cover with boiling, salted water. Cook uncovered until tender, taking care not to boil so rapidly that the onions are broken. Drain, and place on a buttered pan, and brush with the melted butter. Bake in a hot oven until nicely browned.

STUFFED ONIONS

Peel and parboil the desired number of onions. Remove centers from the root end with a fork. Soak stale bread in cold water. Press to remove excess of water. Season with melted butter, sage, salt and the centers of the onions which have been thoroughly chopped. Fill the onions with the stuffing, put a small piece of butter on each, and place in the oven to finish baking, and to brown.

BROWNED SPANISH ONIONS

Peel two pounds of Spanish onions under water; if large ones are used cut them in half. Put them in cold, salted

water and boil ten minutes, drain and put them in a saucepan with a tablespoon of butter, cover and let them cook for from three to four hours, turning once during the cooking. Add more butter if necessary to prevent burning and season with pepper and salt when cooked. Take them out carefully and pour their sauce around them. They should be a golden brown.

BREAD AND ONION PUDDING

¼ pound bread crumbs
1 teaspoon sage
½ pound onions
½ pint milk
1 ounce butter
Pepper and salt

Put the bread crumbs in a bowl. Boil the milk, and pour it over them; cover with a plate, and let them stand for an hour. Slice the onions — they must be weighed after peeling. Throw them into cold water, and let them come to a boil as quickly as possible, letting them boil fast for three minutes, then drain the water from them. Chop them roughly, and add them to the milk and crumbs. Rub the sage between the fingers, and put it through a sieve, so that there will be no bits of stalk in it, add it with a seasoning of pepper to the other ingredients, melt the butter, and mix carefully into the pudding. It may be either baked for an hour in a moderate oven and served in the dish it was baked in, or steamed for two hours in a well buttered mold, and turned out.

SAGE AND ONIONS

2 pounds of onions
2 ounces of butter
2 teaspoons of powdered sage
Pepper and salt
2 ounces of bread crumbs

Slice the onions, and boil them until tender, then drain and chop them, and add the butter, bread-crumbs and sage. The sage must be rubbed fine through the fingers, and then shaken through a sieve before it is measured, to insure there

being no bits of stalks in it. Season the mixture with pepper and salt, and bake in a baking dish for about an hour.

ONIONS AU GRATIN

5 small Spanish onions
4 ounces of grated cheese
2 ounces butter
1 tablespoon of flour
¼ pint of milk or cream
Pepper and salt

Use onions as near in size as possible, and pour boiling water on them in a saucepan, and allow to simmer for one hour. Drain them well, and put them into another clean saucepan, and pour the following sauce over: Melt the butter in a saucepan, sprinkle in the flour, stirring all the time, and then add the milk slowly, and let it boil five minutes; add the grated cheese, and seasoning, and pour over the onions; cover closely and cook gently for half an hour. Serve with a little chopped parsley.

ONIONS BAKED WITH GRATED CHEESE

2 pounds of onions
2 ounces of butter
2 ounces of grated cheese
Pepper and salt

Peel and slice the onions; the slices should be about half an inch thick. Throw them into plenty of cold, salted water, and bring them quickly to the boiling point; skim them, and let them boil for twenty minutes. Drain them carefully, and put them into a buttered baking dish, add a little pepper and salt, and break the remainder of the butter in bits, and place it over the onions. Put them in a hot oven for a quarter of an hour. Now remove the dish from the oven, and sprinkle the grated cheese over the onions — do this very quickly — return to the oven until the cheese is melted and slightly browned, which should be in ten minutes or less. Serve immediately.

The white onions are the most delicate and are therefore more suitable as a vegetable than the yellow or red variety.

ONIONS AND TOMATOES

1 pound of onions
½ pound tomatoes
½ ounce butter
2 ounces bread crumbs
Pepper and salt

Prepare the onions as in recipe, "Onions Baked With Grated Cheese." Put the tomatoes in fast boiling water for a few seconds, when the skin can be removed easily. Slice them. Butter a baking dish, and put a layer of the onions at the bottom. Now place the tomatoes over them, and put the remainder of the onions on the top. Dust a very little pepper and salt over each layer.

Cover the onions with the bread crumbs, and break up the remainder of the butter, and place it over the dish. Bake for three-quarters of an hour in a hot oven.

VEGETABLE OYSTERS

Select rather large, firm salsify, or vegetable oyster, and scrape, throwing at once into cold water to which has been added a tablespoon of flour and a few drops of vinegar. This forms a slight coating over the vegetables, and prevents discoloration. Slice, and cook in boiling, salted water until tender, which will require about one hour. Drain, and add two tablespoons of butter, one-half teaspoon salt, one teaspoon lemon juice and one teaspoon of minced parsley or chervil, to each quart of the sliced salsify.

FRIED OYSTER PLANT

Prepare, and boil the oyster plant until tender, about thirty minutes. Then mash, season, and stir in a tablespoon of flour. Form into small cakes, and sauté in butter, browning both sides.

SCALLOPED VEGETABLE OYSTERS

1 quart sliced, cooked vegetable oysters or salsify
2 cups white sauce
2 cups bread crumbs

To prepare the vegetable oysters, scrape, and throw into water into which a little flour and vinegar has been stirred to prevent discoloration; cook in boiling, salted water until tender, which will require an hour or more. Drain, and make a white sauce. Arrange the vegetable oysters and bread crumbs in layers, reserving a portion of the bread crumbs for the top. Pour the sauce over the vegetable oysters and crumbs, and finish with a layer of crumbs. Bake in a moderate oven fifteen to twenty minutes. This may also be baked in individual shells.

PARSNIPS

Wash the parsnips, boil from 35 to 45 minutes, put them in cold water, scrape off the skins. Now cut in slices lengthwise, one-half of an inch thick. Season with salt and butter. Dip in flour, and sauté on both sides until evenly browned. Or chop the boiled parsnips, put into a saucepan with hot milk, beat together 1 teaspoon of flour and one tablespoon of butter. Stir into the parsnips and milk. Simmer for ten minutes. Or mash the boiled parsnips, add 1 teaspoon of butter, ½ teaspoon of salt, 1 tablespoon of flour, form into cakes and sauté in butter.

CREAMED PARSNIPS

1 pint chopped parsnips
2 tablespoons flour
½ teaspoon salt
1 cup milk
2 tablespoons butter

Clean, and scrape the parsnips, and split lengthwise twice; then cut into one-inch pieces. Boil in salted water — one-half teaspoon to the pint — until tender, which will require one to two hours if old or forty-five minutes if young. Make a white sauce of the remaining ingredients. Mix the white sauce with the cooked parsnips, from which the liquid has been drained, reheat, and serve.

PARSNIP FRITTERS

Parsnips Batter Pepper and salt

Wash, and scrape the parsnips, and throw them into plenty of boiling water. Skim them frequently during boiling. They will be tender in half an hour to an hour, according to age and size. Moderate sized parsnips are most suitable for this dish. When they are quite tender, slice them either round or lengthwise, and dip them into frying batter. The batter may be seasoned if liked. Fry them in salad oil.

SCALLOPED PARSNIPS

A breakfast cup of mashed parsnips
1 ounce of butter
4 ounces bread crumbs
Pepper and salt

Boil the parsnips as in the preceding recipe, and when quite tender drain them well, and rub them through a sieve. Butter some scallops or one small French baking dish. Throw in some bread crumbs, and shake out all that do not stick to the butter. Take half the butter, and stir it into the mashed parsnips; if they are not hot enough to melt the butter, warm them on the stove or over the fire; season with pepper and salt, and put them either in the scallops or the little dish. Cover them with the bread crumbs. Break up the remainder of the butter into little bits, and put over the top. Brown in a hot oven.

GREEN PEAS

Secure as fresh from the garden as possible. Leave in pods until a short time before cooking. After removing from the pods, let stand in cold water a few moments. Skim off the immature peas which come to the top, and cook slowly, uncovered, in boiling water until tender, which will require from twenty minutes to one hour according to the age and freshness. Add salt about fifteen minutes before

removing from the fire. Let almost all of the liquid evaporate. Add butter, allowing one tablespoon to each pint of peas. If the peas lack sweetness, add a teaspoon of sugar to the water in which they are boiled. A sprig of mint may be added also.

CREAMED PEAS

In a saucepan put one quart of shelled peas and add enough boiling water to cover generously. Place over a hot fire and when they begin to boil draw back where the water will bubble gently. Leave the cover partly off. When soft add one teaspoon of salt, two tablespoons of butter, two tablespoons of cream and salt and pepper. Heat until well blended and serve hot.

Creamed peas in croustades of bread is an attractive dish.

PEAS AND POTATOES

1 pint shelled peas
1 pint new potatoes
1½ cups milk
2 tablespoons butter
2 tablespoons flour
1 teaspoon salt

Cook the shelled peas the same as for green peas. Scrape the new potatoes, and cook in sufficient boiling, salted water to cover. When tender, drain and dry by shaking gently over the flame, and add the peas. Prepare white sauce of the milk, butter, flour and salt, and pour over the peas and potatoes. Cook a few moments before serving.

PEAS AND CELERY

1 pint canned or cooked peas
3 cups raw cut celery
2 tablespoons butter
2 tablespoons flour
1 cup water
1 teaspoon salt

Cook celery in sufficient boiling water to cover until tender, which will require about forty-five minutes. Drain off the liquid, and measure out one cup. Rub the flour and butter together; add a little at a time the water in which the

celery was cooked. When all is added, boil five minutes. Add the cooked celery and peas.

PEAS WITH LETTUCE

1 quart peas
2 tablespoons butter
1 head lettuce
1 small onion
1 teaspoon sugar
½ gill water

Put all the ingredients in a saucepan, using only the heart of the lettuce, cover, and cook for five minutes, tossing the vegetables several times. Now draw the pan back where the contents will simmer slowly for half an hour.

SUGAR PEAS

Use pods in which the peas are very small. String them like beans, and cut in two or three lengths. Cover with boiling water, and boil gently until tender. If they are young and fresh they will cook in twenty-five to thirty minutes. Season with salt and butter, and serve at once. When the peas are young, they have an exquisite flavor.

PURÉE OF PEAS

Cook the peas slowly in boiling water until tender, then press them through a strainer. Return to the saucepan and add ½ a cup of warm milk, 1 teaspoon of salt, a shake of paprika, 1 tablespoon of butter, and mix well. Cook for five minutes.

To use as a green garnish press through a pastry bag with a tube having a star-shaped opening, forming into circles which will look like roses.

STUFFED PEPPERS

For six medium sized peppers, make a dressing in the following manner: Soak in cold water enough stale bread to make one pint when the water is pressed out. Season this with two teaspoons of salt, one tablespoon of fine herbs,

about one-fifth of a teaspoon of sweet basil and summer savory and two tablespoons of butter. Cut off the stem end of the pepper, and remove the interior, being careful to take out every seed. Fill the peppers with the dressing. Place them on end in a shallow baking dish, and pour around them a sauce prepared as follows: Put into a saucepan on the fire one tablespoon of butter; when hot, add one tablespoon of flour. Stir until smooth and brown, then add gradually three gills of water. Season with one level teaspoon of salt, cook five minutes, and then pour around the stuffed peppers. Put the dish in a moderately hot oven, and cook one hour, basting often with the sauce in the dish. Peppers may also be filled with rice, tomatoes or macaroni.

BOILED POTATOES

Wash and scrape the skin from the potatoes with a knife made for this purpose. Drop at once into cold water to prevent discoloration. Let them remain in water half an hour. If the potatoes are to be cooked in their skins, wash them well and with a sharp knife cut a narrow band of skin from the center of the potato. Cover well with boiling water and let them boil with a cover on for thirty minutes. When the potatoes have boiled fifteen minutes put in the water 1 tablespoon of salt.

Drain off the water, and let the potatoes stand in a warm place that the steam may escape. Do not serve in a covered dish, as condensed steam causes the potatoes to become soggy.

STEAMED POTATOES

Prepare potatoes as for boiled potatoes. Put in small strainer, place over kettle of boiling water, cover tightly, and cook until soft — about thirty minutes. Cover the pot with a double cloth and place on the back of the range.

RICED POTATOES

Add salt and butter to mashed potatoes, and press them through a heated potato ricer into the hot dish in which they are to be served.

Or add to the hot mashed potatoes 1 tablespoon of butter, ½ cup of milk, and 1 teaspoon of salt. Beat until creamy, using a silver fork. Pile lightly on serving dish.

RICED POTATOES WITH CHEESE

Mix with riced potatoes two tablespoons of butter, one teaspoon of salt, a shake of paprika, and one-half cup of milk. Beat with a silver fork until creamy, and put in a baking dish. To one-half cup of cream add one-half cup grated cheese, and season with paprika and salt. Spread over the potatoes, and put in the oven for a few minutes until brown.

MASHED POTATOES

Boil the potatoes and drain well as it is important that they should be very dry. Put them through a sieve or through a ricer and return to the saucepan. Beat in one tablespoon of butter, until it is thoroughly mixed, then add half a cup of milk, and season with salt and pepper. Beat well and pile lightly on the serving dish. Serve immediately. Or the mashed potatoes may be put in a baking dish covered with bits of cheese and butter and browned in the oven.

POTATO CAKES

Form cold mashed potatoes into cakes an inch thick. Roll them in flour, brush each over with milk, and bake in a hot oven five minutes or sauté in vegetable fat.

SURPRISE BALLS

Form mashed potatoes into balls and with a teaspoon make a depression in the top of each. Mix one cup of

grated cheese with salt, celery salt, and butter, and put one teaspoon into the hollow of each potato ball. Mold the ball so that the stuffing is concealed and brown in the oven or sauté.

BAKED POTATOES

Select potatoes having a smooth surface and of uniform size, and wash thoroughly. Put them in an old baking pan kept for this purpose and bake in a hot oven from forty to fifty minutes. When baked, break open slightly that steam may escape, and serve at once. Do not pierce with a fork to see if they are soft; press with the fingers.

SLICED POTATOES IN CREAM

4 medium sized potatoes
⅔ cup milk
⅓ cup cream
1½ teaspoons salt

Peel and boil the potatoes as for minced potatoes. Add the salt, milk and cream, and bake in the oven. Allow them to cook slowly for one-half hour or more until the liquid becomes quite thick.

POTATOES AU GRATIN

4 medium sized potatoes
1 cup bread crumbs
¼ pound Neufchâtel cheese
4 tablespoons butter
4 tablespoons flour
2 cups milk
2 tablespoons toasted bread crumbs
½ teaspoon salt

Boil the potatoes, chop, and spread in the bottom of a pan. Cover with the grated cheese and a layer of the bread crumbs, then pour over all the white sauce, made as follows: Rub together the flour and butter, add a little hot milk, then the remainder of the hot milk, and salt. Cook twenty minutes in a double boiler. When pouring the white sauce over the bread crumbs and potato, see that it permeates thoroughly. Sprinkle the toasted crumbs over the top, and bake in a quick oven.

POTATOES IN CREAM NO. 1

Prepare the potatoes for boiling, then cut in half-inch cubes. Soak in cold water half an hour, then cook in boiling, salted water until soft. Drain thoroughly. Make a sauce of 1 tablespoon of butter, 1 tablespoon of flour, finely chopped onion, 1 cup of milk, salt and pepper. Reheat the potatoes in the sauce.

POTATOES IN CREAM NO. 2

Peel and boil the potatoes and cool them. Put two tablespoons of butter into a saucepan, rub in 1 tablespoon of flour, add 1 cup of cream, chopped chives and lemon juice. When well cooked, put in the potatoes and let them remain until they are very hot. Then take them out, put them in the center of a dish, and pour the sauce around them.

POTATOES IN CREAM NO. 3

Boil potatoes, unpeeled, until soft, drain and cover with one thickness of cheese cloth. This allows the moisture to pass off. Cut in cubes, peel and put in a saucepan, adding two tablespoons of butter. Sprinkle with salt, chopped parsley and paprika. Cover with cream, and let simmer for 20 minutes.

POTATO BALLS

With a French potato scoop cut balls from peeled, raw potatoes and drop them into cold water. Cook for fifteen minutes until soft in enough salted boiling water to cover them. Drain, cover with a piece of cheese cloth, and let them stand a few minutes to dry.

Serve with parsley butter, made as follows:

Cream one tablespoon of butter, add the juice of half a lemon, one teaspoon of chopped parsley, one teaspoon of chopped chives, salt and pepper. Pour over the potato balls and reheat.

SWISS POTATOES

Peel and cut the potatoes into inch and a half cubes or balls, using potatoes of a uniform size, and drop in hot oil until evenly browned. Then bake for half an hour in a slow oven.

Cover with a sauce made as follows:

Stir two tablespoons of butter and two tablespoons of flour, to a smooth paste, add slowly one cup of cream, stirring constantly. Let it come to the boiling point, and season with salt, paprika and chopped parsley.

POTATO PUFFS

Wash and peel the potatoes. Cut them in slices an eighth of an inch thick and the length of the potato, making the slices as nearly of the same size as possible. Put them in ice water for twenty minutes, drain and dry thoroughly on a soft cloth. Cook them in deep hot oil for a few minutes. Take them out, allow the oil to become smoking hot, put in the slices again and fry to a golden brown, when they will puff into balls. Drain on a paper, sprinkle with salt and discard any that do not puff. The best results are attained with Holland potatoes.

SARATOGA POTATOES

Peel the potatoes and with a plane cut into slices about an eighth of an inch thick. Put them into cold water for a few minutes, then drain and put them into water containing a piece of ice. When ready to fry, drain, dry them well in a soft cloth, put them in a frying-basket, and then into smoking hot oil. Fry to a golden brown taking care that they do not burn. Drain on paper, sprinkle with salt and serve at once. Uncooked potatoes may be cut out with an apple-corer or vegetable cutter and cooked in the same way.

LYONNAISE POTATOES NO. 1

Cut the potatoes into dice and sprinkle them with pepper. Put two tablespoons of butter in a frying pan with a tablespoon of chopped onion and brown slightly. Then put in the diced boiled potatoes, season with salt and paprika and cook until brown. Minced parsley may be added if desired. Serve immediately.

LYONNAISE POTATOES NO. 2

3 medium sized boiled potatoes
1 small onion
2 sprigs parsley
2 tablespoons butter
¼ teaspoon salt

Put the butter, chopped parsley and grated onion into a double boiler. When the butter is melted, slice, and add the potatoes, and also the salt.

When thoroughly heated through, serve.

POTATOES AND CELERY HASH

2 cups sliced cold potatoes
½ teaspoon salt
½ cup cut celery
1 tablespoon butter

Mix the potatoes with the finely cut celery. Add the salt and the melted butter, stir together, place in a hot oven, and bake until browned on top; stir the potatoes, and brown again. Repeat this two or three times until the potatoes have been nicely browned throughout and the celery well cooked.

POTATO AND ONION HASH

2 cups chopped, boiled onions
2 teaspoons salt
4 cups cold minced potatoes
4 tablespoons butter

Peel the onions, and cook in boiling, salted water in an uncovered vessel until tender. Drain, and cut the onion into small pieces. Mince cold boiled potatoes by putting them through a food chopper, or slice. Mix the potatoes and onions, sprinkle with salt, and dot the potatoes with the

butter. Cover, and bake in the oven until thoroughly heated, then uncover and brown. When browned on top, stir the potatoes from the bottom, and brown again.

FRIED POTATOES

Chop cold boiled potatoes into small pieces, put in a saucepan with two tablespoons of butter or vegetable fat, one tablespoon of minced onion or chives, one tablespoon of chopped green peppers, salt and paprika to taste, and a teaspoon of chopped parsley. Cover the saucepan, stirring occasionally and cook until well blended. Serve very hot.

SAVORY POTATOES NO. 1

Cut an onion and two tomatoes and put them in a well-buttered pie dish. Make the next layer of potatoes sliced, put a layer of chopped peppers next, sprinkle with small sago. Make the top layer of sliced potatoes, season well with salt and cayenne and dot well with butter.

Fill the dish with boiling water, and bake in a slow oven for three hours.

SAVORY POTATOES NO. 2

3 medium sized potatoes
½ small onion
1 tablespoon butter
1 cup water
1½ teaspoons salt

Peel and slice the onion in the bottom of a buttered pan. Then slice the potatoes. There should be one pint of sliced potatoes. Sprinkle with salt, and pour over the hot water. Bake in a slow oven two hours or more.

BROWNED POTATOES

Boil potatoes. Place them in a shallow baking dish, and for every half dozen medium sized potatoes used, melt one level tablespoon butter, and with a brush,— a small paint brush is most convenient for such purposes — spread lightly over them. Put in a hot oven, and bake till a golden brown.

HASHED BROWN POTATOES

4 medium sized potatoes
2 tablespoons butter
2 tablespoons milk
1½ teaspoons salt

Slice or chop cold boiled potatoes, and place in a buttered pan. Add the salt, and mix with two tablespoons melted butter. Place in a hot oven until nicely browned. Stir, add the milk, and brown again. Stir again, and brown the third time.

MINCED POTATOES

3 medium sized potatoes
1 teaspoon salt
½ cup cream

Peel the potatoes, and cook in boiling, salted water to cover. When beginning to get tender, add a cup of cold water, and bring again to the boiling point. When tender, drain, and cool. Cut into three-fourth inch cubes or slices. Put into a buttered pan and place in the oven. When thoroughly heated and beginning to brown, pour over them the cream, and stir. Allow the potatoes to brown again, and stir once more. When browned again on top, serve. One-half cup of milk — scant — and one tablespoon butter may be substituted for the cream if desired.

POTATO BORDER

Place a small buttered bowl on the serving dish, build around it a wall of hot mashed potatoes, and garnish with potato forced through a pastry bag and tube. Remove cup, fill potato border with creamed chestnuts or mushrooms, and garnish with parsley.

SCALLOPED POTATOES

6 medium sized potatoes
2 teaspoons salt
3 tablespoons butter
3 cups milk
5 tablespoons bread crumbs
1 small onion
2 tablespoons flour

Peel, and slice the potatoes, and arrange a layer in the

bottom of a baking dish. Put a little of the finely minced onion, bits of butter and a sprinkle of salt over this. Dredge slightly with flour, and then place another layer of potato, and continue to fill the dish, arranging the ingredients in the same order as for the first layer. Heat the milk, and pour over the potatoes. Over all sprinkle the dry or buttered bread crumbs, and cook an hour or more in a moderate oven.

STUFFED POTATOES NO. 1

6 medium sized potatoes
⅓ to ½ cup milk or cream
2 to 3 tablespoons butter
1 teaspoon salt

Select well-shaped potatoes of about equal size. Bake until soft, then cut or break the potato at about the middle. Remove the contents, mash the potato, add salt, butter and sufficient cream or milk to cause the potato to beat up light. When very light, fill the skins with the seasoned potato, piling it up in irregular shapes. Set the stuffed potatoes in the oven for a few minutes to brown.

STUFFED POTATOES NO. 2

Cut off about one-third of a baked potato. Scrape out the inside, taking care not to break the skin. Rub the potato through a sieve and add butter, pepper, salt and a little chopped parsley and cream. Fill the potato-cases with this mixture letting it come above the top. Put small pieces of cheese on top and put in the oven to brown.

POTATOES AND CHEESE

1 pound mashed potatoes cold
1 ounce butter
3 ounces grated cheese
¼ pint milk

Mash the potatoes, and add the cheese and pepper. Put the milk and butter into a small saucepan, and bring to a boil, and pour over the potatoes and cheese. Beat well for five minutes, put into a buttered pie-dish, and bake in a quick

oven for fifteen minutes; or, put into scallop-shells, and sprinkle with rusk crumbs, and bake for a few minutes.

POTATO AND ONION PIE NO. 1

1 pound of potatoes
1 pound of onions
1 ounce butter
1 teacup of milk
Pepper and salt
Short paste

Slice the onions and potatoes, and put them into cold water. Bring them to boiling point, and boil quickly for three minutes. Put them into a pie dish, and add the butter and the milk, which must be boiling, and season well with pepper and salt. Cover the dish with a stout crust, and bake in a moderate oven for an hour and a half. No time must be lost in covering the pie with the crust, and putting it into the oven, as the potatoes must not be allowed to cool or the flavor will be spoiled.

POTATO AND ONION PIE NO. 2

6 large potatoes
3 large onions
3 ounces butter
Pepper and salt

Peel, and wash the potatoes, and cut them into slices about the eighth of an inch thick; slice the onions very thin in rounds. Butter a pie-dish, and put a layer of potatoes at the bottom, then a few pieces of butter, then a layer of onion, pepper and salt, and so on, till the dish is full, leaving onions on top. Cover with plate, and cook slowly in the oven for three hours. Serve with grated cheese. A short crust may be put on this.

POTATOES WITH PARMESAN

1 pound of potatoes
½ pint white sauce
2 ounces grated Parmesan
3 ounces bread crumbs
¼ ounce butter

Prepare the sauce according to recipe for white sauce. The potatoes must be boiled, but they must be firm. Cut

them into slices a quarter of an inch thick, and put a layer at the bottom of a pie dish; cover these with a thin coating of the sauce. Repeat this until the potatoes and the sauce are all used. Now sprinkle the Parmesan over the sauce, and cover with bread crumbs. Break the butter in small bits, and place it over the top. Brown in a hot oven for about twenty minutes.

POTATO AND ONION PUDDING

Follow the recipe of potato and onion pie, except to line pudding bowl with crust and cover pudding also with crust. This pudding should be steamed for three hours.

BOHEMIAN POTATO PUFFS

Put six ounces of mashed potatoes in a saucepan with six ounces of flour, enough water to moisten and a teaspoon of salt. Mix thoroughly and put on the stove until heated through, then beat in a tablespoon of butter. Keep covered for a few minutes. Then remove from the stove, and mash until all lumps are removed and the mixture has the consistency of a smooth paste. Into a deep pan put some butter or vegetable fat and some onions finely minced, and heat them until they become a light brown. Take a tablespoon, and dip it in the hot oil or butter, then cut a spoonful of the potato dough with the same spoon, and put it in the pan, taking care to dip your spoon in the hot oil every time you cut a puff. Let them brown slightly, and serve very hot.

CURRIED POTATOES

Cut hot boiled potatoes in slices and cover them with a sauce made as follows: Slice six onions, and cook them in two ounces of butter over a slow fire. Add two sliced apples and two sliced tomatoes and cook until well blended; then add one tablespoon of curry powder, one teaspoon of chutney, one teaspoon of vinegar, two ounces of flour, salt and sugar to

taste. Moisten with a pint of milk and water. Boil until it is thick, and strain through a tammy.

COLCANNON

Mix one cup of mashed potatoes and one cup of chopped greens to a smooth paste, add a tablespoon of butter, paprika and salt to taste. Sprinkle with bread crumbs, brown in the oven, and serve very hot.

POTATO PUFFS WITH CHEESE

1 cup mashed potatoes
¼ cup milk
½ teaspoon salt
½ cup grated cheese

Beat the potatoes and milk together until thoroughly mixed. Add the salt, and beat thoroughly. Finally add the cheese. Bake in muffin tins in a slow oven ten or fifteen minutes.

A similar dish may be made by scooping out the inside of a baked potato, and mixing it with cheese as above. Fill the potato skin shell with the mixture, return to the oven, and bake until light brown.

BAKED SWEET POTATOES

Wash the potatoes, and bake as white potatoes. Small ones will bake in half an hour, while very large ones will require an hour or more. If the potatoes are liked very sweet, bake from an hour to two hours, depending on size.

BOILED SWEET POTATOES

Wash potatoes of a uniform size, put them in boiling salted water, and cook about forty-five minutes, then drain well. Cover the pot with a cloth, and draw it to the side of the range, to let the potatoes steam for ten minutes. Peel before serving, and cover with melted butter.

GLAZED SWEET POTATOES

Boil six medium sized potatoes in salted water with skins on for ten minutes, remove skins, and cut in halves lengthwise. Arrange in a buttered pan. Make a syrup by boiling for three minutes three-quarters of a cup of sugar and one-third cup of water. Add one and one-half tablespoons butter. Brush potatoes with syrup, and bake until brown, basting with remaining syrup. Serve in hot covered dish.

BROWNED SWEET POTATOES

Peel the sweet potatoes, and toss into cold water immediately to prevent discoloration. Cut in halves lengthwise. Cook in boiling salted water or steam until tender. Drain, and place in a buttered dripping pan. Brush the tops of the potatoes with butter. Sprinkle slightly with sugar. Place in a hot oven, and bake until browned.

SWEET POTATOES CANDIED

Pare sweet potatoes, and cut in one-third inch slices across. Boil ten minutes in boiling salted water to cover, drain. Arrange in a baking-dish, cover with lumps of butter, sprinkle with sugar and put in the oven a few minutes. Just before removing pour over a cup of Jamaica rum.

SPINACH COOKED WITHOUT WATER

Put the spinach in a stewpan, cover, and cook for ten minutes. Press down, and turn the spinach over several times while cooking. At the end of ten minutes turn the spinach into a chopping bowl, and mince very fine. Return to the pan, and add the seasoning, allowing for half a peck of spinach two large tablespoons of butter and a teaspoon of salt. Simmer ten minutes. Only young spinach should be cooked in this way. The leaves should be washed in many waters until not a trace of sand is found.

BOILED SPINACH

Pick over the spinach, carefully removing all wilted leaves. Cut off the roots and the coarse fiber of the leaves which require longer cooking than the remainder of the leaves, toss into cold water, and wash thoroughly through several waters, taking care to agitate it considerably each time in order to free it from sand. Put to cook in boiling water, and let boil five minutes. Drain, salt, and allow it to finish cooking in the liquid which remains on the leaves. Cook until tender, which will require about twenty-five minutes. Drain off the excess moisture, if any, and chop very fine. Add butter—one tablespoon to a pint of the cooked spinach. Serve with slices of lemon.

SPINACH WITH CREAM

½ peck spinach
2 tablespoons butter
1 tablespoon flour
1 teaspoon salt
½ teaspoon pepper
½ pint cream or milk

Cook and mince the spinach. Put the butter in a saucepan, and on the fire. When hot, add the flour, and stir until smooth and frothy, then add the minced spinach, salt and pepper. Cook for five minutes, then add the milk or cream hot, and cook three minutes longer.

SPINACH CUTLETS

Wash a quarter of a peck of spinach, cook it in salted water to cover for ten minutes. Strain and rub through a sieve. Add a cup of bread crumbs, one tablespoon of minced onion and the water in which the spinach was boiled and stir over the fire until the mixture leaves the side of the pan. Melt one tablespoon of butter, mix in the flour, one tablespoon, add the spinach and cook until quite thick. Add more bread crumbs and seasoning if necessary. Turn on a plate, make into a flat cake and leave until cold. Then shape into cutlets and fry in deep oil. Serve with the Béchamel sauce.

SQUASH

Wash the squash, cut in pieces, remove seeds, and stringy portion and boil in salted water or put in a steamer, and cook thirty minutes or more over boiling water. Mash, and season with butter and salt and pepper.

MASHED SUMMER SQUASH

Select squashes of about even size. If quite mature, quarter, and remove seeds. If quite young, they may be cooked whole. Steam or cook in a very small quantity of water, allowing as much of the water as possible to evaporate at the last of the cooking. Unless the squash is quite dry, drain the liquid from it. Mash, season with a little butter, salt and cream. Summer squash may be sliced and fried like egg plant.

SWISS CHARDS

This vegetable is a variety of beet in which the leaf, stalk and mid-rib have been developed instead of the root. It is cultivated like spinach, and the green, tender leaves are prepared exactly like this vegetable. The mid-ribs of the full grown leaves may be cooked like celery.

SLICED TOMATOES

Put tomatoes in a bowl and pour boiling water over them, let them stand one minute, then peel off the skins. Chill thoroughly, and cut in slices. Serve with oil, vinegar, pepper and salt, and sugar if desired.

STEWED TOMATOES

When fresh tomatoes are used, peel and cut into small pieces, put in a saucepan, and boil gently twenty minutes or half an hour. Add a few bread or cracker crumbs and a slice of onion and season with butter, salt and pepper five minutes before the cooking is finished. Allow for a quart of toma-

toes one teaspoon each of salt and sugar and one tablespoon or more of butter.

BROILED TOMATOES

Wash the tomatoes but do not peel, then cut in half crosswise, and cut off a thin slice from the round part of each half. Dust with pepper and salt, dip in crumbs, and place in a well buttered broiler, and broil fifteen minutes without turning. Serve with maître d'hôtel butter.

STUFFED TOMATOES NO. 1

Remove a thin slice from the stem end of the tomatoes, scrape out the seeds and pulp, sprinkle the inside with pepper and salt, and let them stand ten minutes. To the pulp, add an equal quantity of chopped mushrooms and bread crumbs, seasoned with salt, pepper, butter and a few drops of onion juice; fill the tomatoes with the mixture. Put a piece of butter on the top of each and place on a round of bread which has been dipped in water. Bake about fifteen minutes.

STUFFED TOMATOES NO. 2

Large tomatoes Forcemeat Butter

Wipe some large tomatoes as nearly one size as possible. Cut a round hole in the stalk end, and fill with forcemeat. Place a bit of butter, as large as a hazel nut on each tomato, and bake them in a pan in a moderate oven from twenty minutes to half an hour according to the size. Make the forcemeat according to recipe for forcemeat.

STUFFED TOMATOES WITH OLIVES

For each two tomatoes prepare the following:

1 tablespoon butter
½ small onion finely chopped
4 tablespoons dried bread crumbs
½ cup seeded ripe olives

Remove the stem from sound tomatoes and scrape out the pulp. Sprinkle the inside of the tomatoes with salt. Add

the pulp and seasoning, and cook five minutes; then add the olives and bread crumbs. Put the mixture in the tomatoes, cover with bread crumbs, and bake.

BAKED TOMATOES

Scald, and peel the desired number of tomatoes. Remove the cores, and cut down from the stem end about half way, making six or eight sections. Sprinkle salt into the openings, and place a piece of butter in the center. Arrange the tomatoes closely in a pan, pour about one-fourth cup of hot water in the bottom of the pan, and set in the oven to bake slowly about an hour. Slow cooking of tomatoes develops a delicious flavor.

TOMATOES IN CASSEROLES

Scald and peel the tomatoes and put them into small casserole dishes; dust with pepper and salt and bake until the tomato is soft. Pour over a white sauce, and serve at once.

SCALLOPED TOMATOES

1 pint peeled and cut tomatoes
1 pint bread crumbs
Pepper
1 tablespoon butter
1 tablespoon sugar
1 teaspoon salt

Reserve three tablespoons of the bread crumbs, and spread the remainder on a pan. Brown in the oven, being careful not to burn them. Mix the tomatoes, browned bread crumbs, salt, pepper, sugar, and half the butter together, and put in a shallow baking dish. Spread the unbrowned crumbs on top, and dot with the remainder of the butter cut into bits. Bake in a moderately hot oven for half an hour. The top of the dish should be brown and crisp.

ROASTED TOMATOES

Scald and peel the tomatoes, cut a slice from the top, and remove a spoonful of the pulp. Put a piece of butter and a

few drops of onion juice in each one, sprinkle with salt and pepper, and cover with a spoonful of toasted cornflakes. Put another piece of butter or some drops of oil on each one, put on a round of bread dipped in water, and bake in the oven for fifteen minutes.

TOMATOES WITH RICE

Mix a cup of boiled rice with half a cup of stewed tomatoes which have been well seasoned with butter, salt, paprika and onion juice. Put in a saucepan and heat until the rice and tomato are well blended.

TOMATO FARCI

Cut the tomatoes in thick slices, put them in a frying pan in half an inch of hot oil. When tender, lift them with a broad knife to avoid breaking, and place them in a baking dish which has been spread with butter; cover the tomatoes with minced onion, parsley, salt, sugar and cayenne. Bake in a hot oven fifteen minutes.

TOMATOES IN BATTER

Sprinkle slices of tomato with salt and pepper, cover well with batter, and fry in butter until evenly browned on both sides.

FRIED TOMATOES

Cut the tomatoes in half-inch slices, put them in a frying pan, and fry until brown in butter or oil. Place on a warm dish, and in the same pan in which the tomatoes were cooked, make a sauce of one tablespoon of flour, salt, pepper and enough milk to make the dressing the consistency of thick cream. Cook the sauce until the raw taste of the flour is gone, and pour over the tomatoes.

HASHED TURNIPS

Chop the boiled and drained turnips into rather large pieces. Return to the saucepan, and for a pint and a half

of turnips, add a teaspoon of salt, one-quarter of a teaspoon pepper, a tablespoon butter, and four tablespoons water. Cook over a very hot fire until the turnips have absorbed all the seasoning. Serve at once. Parsnips may also be cooked in this way.

TURNIP PURÉE

2 cups grated turnip
1 teaspoon salt
2 tablespoons lemon juice
½ cup cream

Wash, peel and grate a sufficient number of turnips to make two cups. New turnips are best for this recipe. To the cream add the lemon juice and salt, and beat thoroughly; then pour over the grated turnip.

MASHED TURNIPS

Wash, and pare the turnips deeply enough to remove the fibrous layer which lies about one-eighth to one-quarter inch beneath the skin. Slice or quarter, and cook in boiling water covered. When almost done, which will require from forty-five minutes to two hours' time, add salt, and finish cooking. Drain, mash, and add salt, pepper and one tablespoon butter to each pint of mashed turnips.

CREAMED TURNIPS

Pare small, young, white turnips, and boil until tender, adding salt one-half hour before done. Drain, and dry over flame. Prepare sauce for vegetables. Pour over the turnips, and let simmer fifteen minutes. If small turnips are not obtainable, large ones may be sliced and otherwise prepared as the whole ones.

STUFFED VEGETABLE MARROW NO. 1

1 small vegetable marrow
Half a pint gravy
Forcemeat

Peel a vegetable marrow about eight inches long, cut it in

halves lengthwise, and remove the seeds. Put it into fast boiling water, salted, and let it boil gently for ten minutes. Lift it carefully, and let it drain; then wipe with a clean cloth. Have ready some forcemeat, and fill the hollow in the middle of one half, and place the other half on top. Tie the halves together with twine, and lift the marrow carefully into an oval baking dish. Pour the gravy over the marrow, and cover it closely with another dish over it. Baste occasionally, and bake for an hour in a hot oven. If it is baked with a French baking dish with cover, it can be sent to table in dish it is baked in. If an ordinary dish is used, it would still be better to serve in the dish in which it was baked, as the marrow might be difficult to remove, but a napkin must be fastened around the dish when served.

STUFFED VEGETABLE MARROW NO. 2

Peel the marrow, cut it in half lengthwise and remove the seeds. Fill the space with half a cup of chopped mushrooms, minced onions, some sage and lemon rind, one tablespoon of butter and a teaspoon of salt. Put the marrow together and tie up with string, steam until tender, about thirty minutes. Place the marrow in a hot dish and remove the string. Serve with a vegetable sauce very hot.

VEGETABLE MARROW À L'ESPAGNOLE

1 vegetable marrow
1 bunch of herbs
1 pint brown sauce
2 large tomatoes
1 onion
1 gill of sherry

Peel the marrow and cut it into pieces, removing the seeds. Put into boiling salted water and cook twenty minutes. Slice the tomatoes and onion, put in a saucepan with the remaining ingredients; let the whole stew gently till thoroughly cooked. Pour over the marrow and serve hot.

SAUCES

Epicurean cooks,
Sharpen with cloyless sauce his appetite.

SHAKESPEARE.

BROWN SAUCE

Chop an onion and fry it in butter in a small saucepan, and then stir in a dessertspoon of white flour, letting the mixture brown. Add pepper and salt to taste, and boiling or potato water until the proper thickness is obtained, letting it boil for several minutes so there will be no raw taste to the flour.

WHITE SAUCE

4 tablespoons butter
4 tablespoons flour
2 cups milk
1 teaspoon salt

Heat the milk in a double boiler, but do not let it reach the scalding point. Rub butter, flour and salt together until smooth, then slowly pour over them the hot milk. Stir until smooth and thickened, cooking thoroughly until there is no raw taste.

THIN WHITE SAUCE

2 tablespoons butter
2 tablespoons flour
2 cups milk
1 teaspoon salt

Put together the same as white sauce. Add one tablespoon of capers for caper sauce.

SAUCE FOR VEGETABLES

3 tablespoons butter
3 tablespoons flour
1 cup milk
1 cup liquid in which the vegetable is cooked
1 teaspoon salt

Put together as for white sauce. Milk may be used

instead of the liquid in which the vegetable is cooked if desired.

BÉCHAMEL SAUCE

1 pint milk
4 tablespoons butter
4 tablespoons flour
2 tablespoons chopped onions
⅔ cup chopped celery
1½ teaspoons salt

Add the chopped celery and the onion to the milk, and heat in a double boiler. Rub the flour and butter together, and add the hot liquid slowly. Return to the double boiler, and cook fifteen to twenty minutes. Add the salt just before serving.

CREAM SAUCE

⅓ pint cream
⅔ pint milk
1 teaspoon salt
4 tablespoons flour

Heat the milk and cream to scalding in a double boiler. Moisten the flour with a little cold milk, and add to the hot milk and cream, stirring meanwhile. Cook thoroughly, and add salt.

Thin cream sauce is made by using one-half the amount of flour.

CELERY SAUCE

2 cups chopped celery
2 cups water
½ teaspoon salt
1 cup milk
1½ tablespoons butter
1½ tablespoons flour

Cook the celery in the water with the salt. When perfectly tender, and the water reduced about half, press it through a colander, add the milk, and reheat. Rub the butter and flour together, and pour over it a little of the hot milk and celery, stirring constantly. Then turn it into the hot liquid, and stir until thickened and thoroughly cooked.

All flour sauces should be of the consistency of rich cream. Thick, pasty sauces are unpalatable and indigestible.

CREAM TOMATO SAUCE

2 cups milk
6 tablespoons flour
6 tablespoons butter
1 teaspoon salt
1 cup strained tomato
or
⅓ cup condensed tomato with ⅔ cup water

Make a white sauce of the milk, flour and butter. Heat the strained, stewed tomato, and add gradually to the white sauce. Add the salt, and serve at once.

TOMATO SAUCE

1½ cups strained, stewed tomato
or
½ cup condensed tomato and one cup water
2 tablespoons butter
2 tablespoons flour
1 teaspoon salt

Heat the tomato. Rub the flour and butter together. Pour over this the hot, but not boiling, tomato, slowly stirring. Let come to the boiling point, and cook until there is no raw taste of starch. A little onion or celery salt may be added if desired.

ENGLISH MUSHROOM SAUCE

2 tablespoons chopped onion
⅓ cup strained stewed tomato
1 teaspoon salt
2 tablespoons butter
½ cup mushrooms
1½ cups brown sauce

Cook the onion and butter fifteen to twenty minutes in a double boiler. Add the tomato and other seasonings. Chop the mushrooms, and add; then stir in the brown sauce. Reheat, and serve.

DRAWN BUTTER SAUCE

⅓ or ½ cup butter
¼ cup flour
1 tablespoon lemon juice
1 pint boiling water
1 tablespoon chopped parsley
½ teaspoon salt

Prepare as a white sauce.

HOLLANDAISE SAUCE

1 tablespoon flour
4 tablespoons butter
1 tablespoon of cream
Salt, pepper
1 tablespoon lemon juice

Put the butter in a saucepan, when it is melted add the flour and mix well. Add one gill of milk and one gill of water gradually, stir over the fire until it is boiling. Cook for ten minutes, then add the cream, lemon juice and seasoning. It should have the consistency of thick cream. Three tablespoons of oil and one of vinegar may be used if desired.

BUTTERMILK CREAM

By controlling the temperature in heating the buttermilk, and not allowing it to go above 100 degrees F., a compound is made which, after draining, has the consistency of a very thick cream. It is claimed by the experiment station investigators that this cream is suitable for eating on bread in place of butter.

DEVONSHIRE CREAM

Devonshire cream somewhat resembles sweet cream in flavor and consistency. It is very much liked in England, where it is commonly eaten with fresh or preserved fruit, but is not so well known in America.

To make Devonshire cream, allow a pan of whole milk to stand for twenty-four hours in a cool place or for twelve hours in a warmer place. Place the pan on the cooler part of the stove, and heat until the milk is very hot, but not to the boiling point. If heated too much, a thick skin will form on the surface. The more slowly the milk is heated, the better. Having been heated, the milk should be kept in a cool place for twenty-four hours, and then skimmed. The thick cream obtained has a characteristic flavor and texture.

CHEESE SAUCE NO. 1

1 cup of milk
2 tablespoons flour
1 ounce of cheese — ¼ cup of grated cheese
Salt and pepper

Thicken the milk with the flour, and just before serving, add the cheese, stirring until it is melted.

This sauce is suitable to pour over toast, making a dish corresponding to ordinary milk toast, except for the presence of cheese. It may be seasoned with a little curry powder.

CHEESE SAUCE NO. 2

Same as Cheese Sauce No. 1 except that the cheese is increased from one to two ounces. This sauce is suitable for using with macaroni or rice, or for baking with crackers soaked in milk.

CHEESE SAUCE NO. 3

Same as Cheese Sauce No. 1, except that two cups of grated cheese or eight ounces, are used. This may be used upon toast as a substitute for Welsh rarebit.

CHEESE SAUCE NO. 4

Same as Cheese Sauce No. 2, save that two tablespoons of melted butter are mixed with the flour before the latter is put into the milk. This sauce is therefore very rich in fat, and has only a mild flavor of cheese.

NEUFCHÂTEL SAUCE

Take half a Neufchâtel cheese and mix it with olive oil. Mix the other half with lemon juice and then add together and season with paprika and salt. Pour in sherry wine until it is the consistency of thick cream and blend thoroughly. Any soft cream cheese may be used instead of Neufchâtel and the flavor varied by using brandy, rum or kirsch.

BREAD SAUCE

1 cup bread crumbs
1 teaspoon butter
6 pepper corns
½ pint milk
1 small onion
Salt, paprika

Put the milk and an equal quantity of water in a saucepan with the onion, butter, salt and pepper corns, and cook for about fifteen minutes. Strain, add the bread crumbs and simmer for another fifteen minutes. If too thick add milk to make it the proper consistency. See that it is well seasoned.

MAÎTRE D'HÔTEL BUTTER

Cream some butter; season with salt, cayenne, lemon juice, and pepper.

Add finely minced parsley or chopped olives and put in the oven a minute until the butter is melted.

HARD SAUCE

⅓ cup butter
2 tablespoons sherry or
1 cup powdered sugar
¼ teaspoon nutmeg

Cream the butter; add the sugar. Continue beating until smooth and creamy. Add flavoring, and stir again. Put on serving dish and place near ice.

COCOANUT SAUCE

1 pint milk
½ cup shredded cocoanut
1½ tablespoons cornstarch
¼ cup sugar

Braid the cornstarch with a little of the cold milk. Steep the cocoanut in the remainder of the milk in the double boiler for one-half hour. Strain out the cocoanut, add the sugar, heat to boiling, and stir in the braided cornstarch with this mixture. When thickened, remove from fire, and add one tablespoon sherry, beating continuously. If grated cocoanut is used the sauce need not be strained.

TO WHIP CREAM

1 pint whipped cream
1½ tablespoons sugar
½ teaspoon flavoring

Chill the cream by placing in the inner portion of a double boiler and surround with chipped ice to which a little salt has been added. By chilling the cream a lighter cream may be used than otherwise. When thoroughly chilled, add the sugar and flavoring. Beat with a Dover egg beater until light and foamy. Remove the foamy portion. Place in a strainer over a receptacle and allow to drain. Repeat this process until all the cream has been used.

Whipped cream is one of the most easily digested forms of fat.

MOCK WHIPPED CREAM

1 cup milk
1 teaspoon flour
2 tablespoons sugar
½ teaspoon vanilla

Mix the flour, sugar and salt, with a little cold milk, together. Pour over this the hot milk, and cook until thickened. Beat for a minute or two, then cool, and flavor with vanilla.

VANILLA SAUCE

3 tablespoons flour
3 tablespoons butter
1 cup water
½ cup sugar
1 teaspoon vanilla

Mix the sugar and flour together. Add the boiling water slowly, stirring constantly. Cook twenty minutes, frequently stirring. Add the butter just before taking from the stove. Cool, and add vanilla.

MAPLE SAUCE

1 cup maple syrup
1 cup water
1 tablespoon cornstarch
2 tablespoons butter

Moisten the cornstarch with a little of the cold water.

Heat the remainder of the water, and the syrup to boiling, stir in the braided cornstarch, and cook five to ten minutes. Add the butter, and serve hot as a dressing on hot puddings.

RASPBERRY SAUCE

1½ cups raspberry juice
2 tablespoons cornstarch
1½ tablespoons water

Heat the juice from the canned berries, and add the cornstarch moistened with the water, stirring meanwhile. When thickened, cook fifteen to twenty minutes, in a double boiler. If the fruit juice is not sufficiently sweetened, add sugar.

LEMON SAUCE

1 pint boiling water
1 cup sugar
1 lemon — juice and rind
3 tablespoons flour
2 tablespoons butter

Braid the flour with cold water, and add to the boiling water. Cook twenty minutes in a double boiler. Cream the butter and sugar, and add the lemon juice. Pour the hot liquid over this, stir, and cool.

WINE SAUCE

Make same as Lemon Sauce, using two tablespoons sherry in place of lemon juice.

SALADS

"The tender lettuce brings on softer sleep."

ASPIC JELLY

Take two pints of cold water, one-quarter of an ounce of vegetable gelatine, one lemon, some pepper and salt, a pinch of cayenne and two tablespoonfuls of Tarragon vinegar. Soak the gelatine two hours in one pint of water, then add the other ingredients, strain the juice of the lemon. Put over a slow fire until the gelatine is dissolved, then boil two or three minutes, and strain through jelly bag.

COMBINATION SALAD

6 medium sized tomatoes — 6 radishes
2 rather small cucumbers — ½ sweet green pepper
French salad dressing

Arrange the salad on individual plates. Slice the tomato on a lettuce leaf, then add one-third of a cucumber, sliced. Slice the radishes, but do not peel. Arrange the sliced radishes over the tomato and cucumber. Chop the half of a sweet green pepper, taking care that it is a *sweet* pepper, and sprinkle one-half teaspoon of the chopped pepper on top of the other vegetables. Over this pour a tablespoonful of the French salad dressing. It is particularly important that the vegetables shall be in good condition and that the cucumber and radishes shall be crisp and tender. If somewhat wilted, immerse them in cold water for a half hour or more.

STRING BEAN SALAD

Select young, tender beans; remove the ends and the strings; cook, without breaking, in boiling, salted water until tender, which may require from one to three hours. Drain off the liquid and cool. Marinate with the juice of a lemon. Arrange the beans horizontally on a lettuce leaf on individual salad plates. Pour over the beans a French salad dressing. If preferred a good grade of canned string beans may be used instead of fresh ones.

MACEDOINE SALAD NO. 1

1 cup diced carrots
½ cup diced potatoes
1 cup string beans
½ cup diced sweet potatoes
½ cup diced turnips
½ cup French dressing

Cook the vegetables separately, adding salt toward the last of the cooking. When cool, cut into half-inch cubes. Canned beans may be used if fresh ones are not obtainable. They should be cut into half-inch lengths. Vegetables other than those mentioned may be used. Cauliflower, beets, peas, celery, etc., may be substituted if desired. Two or three vegetables only may be used; mix the vegetables with the French dressing. Garnish the salad with lettuce leaves.

MACEDOINE SALAD NO. 2

Take one cupful each of cooked and diced carrots, flowerets of cauliflower, diced beets, and artichoke bottoms, and add one cup of peas, one cup of asparagus tips, and one cup of fine cut string beans. Mix them lightly with French dressing and serve on lettuce. This makes a better looking dish if the vegetables are cut with a potato scoop or a fancy cutter. If served on individual plates use the inside leaves of the lettuce which are curled like a cup. Place one leaf on each plate and fill with the macedoine or arrange several leaves to form a cup.

WALDORF SALAD

Mix two cups of celery cut fine, one dozen walnuts chopped, and one cup of diced apples. Serve on lettuce leaves covered with French dressing. The apple should be put in water as soon as it is cut to prevent discoloration.

ORANGE SALAD

Mix a cup of pecan nuts and English walnuts with a cup of diced oranges, squeeze lemon juice over them, and let them stand for half an hour. Serve very cold with endive and French dressing.

PRUNE SALAD

Cook one pound of large French prunes until tender; when cold remove the stones and chop the prunes and mix with one cup of chopped English walnuts or pecan nuts. Serve on lettuce and cover with French dressing.

TOMATO SALAD

Scald and peel firm tomatoes, cut a thin slice from the stem end, and remove the seeds and some of the pulp. Sprinkle the inside with salt, invert, and leave until needed. Mix chopped nuts with an equal quantity of cold cooked asparagus tips and one-half the quantity of finely cut celery moistened with dressing and a teaspoon of chopped chives. Serve on lettuce with French dressing.

TOMATO AND CAULIFLOWER SALAD

Scald and peel firm tomatoes and cut into quarters. Arrange them in a circle on lettuce leaves, with a floweret of cold cooked cauliflower, which has been marinated for half an hour in French dressing, between the quarters. Serve with a cream dressing.

TOMATO AND CELERY SALAD

Scald and peel solid tomatoes of equal size and take from the stem end part of the pulp. Chop into half-inch pieces crisp white celery and sweet peppers. Mix thoroughly with French dressing, and put in the tomatoes. Serve on lettuce leaves with French dressing. Let the stuffing rise above the tomato.

SALAD IN TOMATO CUPS

6 tomatoes
½ cup diced cucumbers
1 cup cut celery
1 cup diced apples
1 cup cream dressing
1 teaspoonful salt

Select firm, well-shaped tomatoes. Cut off the stem, and remove the pulp. Prepare the cucumbers, celery and apples. Mix with these vegetables the tomato pulp and then with the cream dressing and the salt. Fill the tomato cups with this.

TOMATO AND CHEESE SALAD

Scald and peel firm tomatoes. When cold, cut in six sections which remain joined at the stem end. Mix a cream cheese with enough spinach extract to color it a delicate green, mold into balls the size of marbles and put three balls in center of each tomato. Serve with French dressing.

TOMATO AND CORN SALAD

Scald and peel tomatoes of a uniform size and from the stem end remove some of the pulp. Fill with a spoonful of cooked corn cut from the cob when cold, cover with a cheese dressing and serve on lettuce leaves. Dust the tomato with salt and pepper before the filling is put in and season the corn well. It is well to put the tomatoes on ice for half an hour after they have been scalded and peeled to make them firmer. Sprinkle finely chopped parsley over the stuffing for a touch of color.

JELLIED TOMATO SALAD

Soak half a box of vegetable gelatine in a cup of warm water until dissolved; when cold add it to one pint of well seasoned tomato sauce and stir until it begins to set. Pour into a wet border mold and leave until set. Turn it out on a dish, cut celery into one inch lengths, mix it with cream dressing and put in the center of the mold. Serve with small lettuce leaves around the dish.

JELLIED TOMATO AND CUCUMBERS

Make the tomato jelly as above and put in a cool place until firm. Chop four large cucumbers rather fine and mix them with four tablespoonfuls of French dressing. Turn the jelly on a dish when set, and fill the center with cucumbers. Serve with cheese dressing and garnish with lettuce or cress.

ALLIGATOR PEAR SALAD

Pare and core an alligator pear and divide it in half. Serve on lettuce with French dressing poured over it.

APPLE AND CHEESE SALAD

Mix chopped nuts with Neufchâtel or cream cheese, adding a little cream if necessary, season with paprika and salt, and cut into cubes. Peel and dice four apples and marinate them with lemon juice to prevent discoloration. Arrange the cheese on lettuce leaves, and put the diced apple in the center. Serve with French dressing made with lemon juice.

APPLE AND CELERY SALAD

2 cups diced apples 2 cups cut celery
1 cup cream salad dressing

To prepare the apples, peel and cut as nearly as possible into half-inch cubes. Marinate the apples with a tablespoonful of lemon juice. Mix well in order to prevent discolora-

tion. Cut the celery quite finely and mix with the apples. Mix these ingredients with the cream salad dressing and serve with a garnish of lettuce.

APPLE AND GRAPE SALAD

Pare apples and dice them. Wash the grapes, cut them in two and remove the stones. Mix the fruit and serve on lettuce leaves. Moisten with French dressing.

FRUIT SALAD

Mix one cup of diced oranges, one cup of diced apples, one cup of diced bananas and half a cup of stoned cherries. Any fruit may be combined as, grapes cut and seeded, grapefruit diced, oranges and berries. Put in a bowl and pour over them a French dressing. Serve cold.

CHEESE WITH SALADS

Cheese or cheese dishes are an acceptable addition to salads. Neufchâtel or other cream cheese, either plain or mixed with pimientos and olives, may be served with lettuce or may be cut into slices and served on lettuce.

Cheese balls are often served with salad. They are made of some soft cream cheese and are frequently combined with chopped chives, olives, sweet peppers, chopped nuts, etc., for the sake of adding flavor. Spinach extract, etc., is sometimes mixed in for the sake of color. If the balls are rolled in chopped chives or parsley, both flavor and color are supplied.

CHEESE AND PIMIENTO SALAD

Stuff canned pimientos with cream cheese, cut into slices, and serve one or two slices to each person on lettuce with French dressing. Watercress or endive may be used instead of lettuce.

CHEESE SALAD NO. 1

Put lettuce leaves in a strainer and wash them. Soften a cream cheese with a half pint of cream. Put it on a dish, make a depression in the center and fill with two glasses of Bar-le-Duc jelly. Garnish with the lettuce and serve with French dressing.

CHEESE SALAD NO. 2

¼ pound of American cheese grated
½ pint whipped cream
Salt and paprika
½ tablespoonful vegetable gelatine
2 tablespoonfuls of boiling water

Dissolve the gelatine in the boiling water and strain. Mix the cheese with the whipped cream and season with salt and paprika. Add the gelatine and pour into a wet mold and allow it to become firm. Turn out on a dish and garnish with crisp lettuce leaves and serve with a cheese dressing.

CHEESE SALAD NO. 3

Cut Neufchâtel or Edam cheese into oblong pieces three-fourths of an inch in length. Arrange on head lettuce and serve with French dressing.

BULGARIAN SALAD

1 cup chopped pecans
1 cup cream cheese, diced
¼ cup cream
2 tablespoonsfuls lemon juice
¼ cup cream dressing

Marinate the cheese and nuts with the lemon juice. Add the cream to the cream dressing and stir until smooth. Mix the cheese and nuts with the dressing. Serve upon a lettuce leaf.

Cut stalks of celery having deep grooves in them into pieces about two inches long. Fill the grooves with cream cheese salted or flavored with chopped pimientos, and served

with bread and butter as a salad course or serve as a relish at the beginning of a meal.

ROQUEFORT SALAD

Fill cold and peeled tomatoes with grated Roquefort cheese and serve on lettuce leaves with French dressing. Cheese salads can be varied by adding chopped onion, olives, peppers, parsley, chives, pimientos or capers.

CHEESE SALAD AND PRESERVES

Epicures have devised a dish which consists of lettuce with French dressing served with cream cheese and thick preparations of currants or other fruits preserved in honey or sugar, which, owing to the fact that the seeds have been extracted by a laborious process, are fairly expensive. The soft cheese often found in market is also relatively expensive. There is a suggestion in this dish, however, for others which are much less costly. Buttermilk cream or ordinary cottage cheese served with lettuce or other green salad and a small amount of rich homemade preserves, is a combination with much the same character, and also very appetizing.

CHEESE AND OLIVE SALAD

Mash a cream cheese, and season with salt and paprika. Add 4 finely chopped olives, 4 lettuce leaves finely cut, and a piece of canned pimiento to give color. Press in original shape of cheese and let stand two hours. Cut in slices and serve on lettuce leaves with French dressing.

PHILADELPHIA SALAD

Peel and dice one grapefruit, cut in halves and seed a cup of grapes, dice one orange, shred a pineapple, and mix with half a cup of English walnuts and cream nuts. Place all in a bowl, and pour over French dressing. Garnish with endive.

POTATO AND ENDIVE SALAD

Dice four cold boiled potatoes, and marinate with French dressing to which has been added one tablespoonful of onion juice. Put the potatoes on a dish, sprinkle minced parsley over them, garnish with endive and serve with French dressing.

GERMAN POTATO SALAD

Slice enough cold boiled potatoes to make one quart. Grate one-half of a small onion over them, sprinkle with salt and pour slowly over them all one-fourth cup of pure olive oil, stirring lightly with a fork until each slice glistens with the oil. Then add the juice of one lemon, and stir once more. Set on ice for an hour or so before serving.

CAULIFLOWER SALAD

1 head cauliflower Lettuce
Cream dressing

Remove the green leaves from the cauliflower and place it head down in cold water to which has been added one tablespoonful of salt to one quart of water. Soak one-half hour or more to drive out any insects that may have found their way into the flowerets. Cut into small sections or flowerets. Cook in boiling, salted water until tender. Drain, cool and serve on individual salad plates with a garnish of lettuce. Arrange one or two flowerets upon the plate, and serve with a spoonful of dressing at the side and on top of it.

BANANA SALAD

Peel the bananas, cut them into halves, and marinate them in French dressing. Put the fruit in a bowl lined with lettuce leaves, add one grapefruit cut into dice and a cup of chopped nuts sprinkled over the top. Serve with cream dressing.

BANANA AND WALNUT SALAD

3 bananas
2 tablespoonfuls chopped English walnuts
2 tablespoonfuls cream dressing
1 scant tablespoonful cream
1 teaspoonful sugar

Mix the cream dressing with the cream and sugar. Peel and cut the bananas into halves lengthwise. Place one-half of a banana on a lettuce leaf and pour over it a generous spoonful of the dressing. Sprinkle each half with a teaspoonful of the chopped English walnuts.

BERKELEY SALAD

1 cup diced pineapple
2 cups diced oranges
1 cup diced bananas
1 cup seeded Malaga grapes
1 cup pineapple juice
1 cup hot water
3 tablespoonfuls cornstarch
½ cup sugar

Mix the cornstarch and sugar and pour over them, stirring constantly, the hot water. Cook directly over the fire for from five to ten minutes. Remove from the stove. Add pineapple juice and lemon juice, and cool. Prepare the fruit by dicing the pineapple, fresh or canned, oranges and the bananas. Remove the Malaga grapes from the stem, wash thoroughly, peel and cut in halves. Remove the seeds and add to the other fruits. Pour the dressing over the salad and serve upon a plate. Garnish with grape leaves or any preferred garnish.

DATE AND WALNUT SALAD

Select firm, well-shaped dates. Immerse in cold water, remove the stones and wash in very hot water. Cool and dry between cool towels. Fill the center of each date with half of an English walnut meat. Prepare cream dressing. Arrange the dates on garnished individual salad plates and pour over these the dressing. Endive gives a better color contrast with the dates than lettuce.

ASPARAGUS SALAD

Cook the asparagus until tender. Cut off any hard part and put the asparagus stalks in a neat pile on lettuce leaves, and pour over French dressing.

SUMMER SALAD

1 cup diced cucumbers
1 cup cut celery
1 cup diced radishes
1 cup cream dressing
1 dozen medium-sized lettuce leaves
¼ cup grated onion

Select as firm, fresh vegetables as possible. If not strictly fresh, place in cold water for one-half hour or more. Peel the cucumbers and cut in one-half inch cubes. Wash and scrape the celery to free it of the coarse fiber. Cut quite finely. Wash and brush the radishes. Cut off the top and stem end and cut into cubes without peeling. The red radishes add a bit of color to the salad. Cleanse the lettuce by washing in several waters, and shred very finely with sharp shears. Prepare the grated onion and mix with the other vegetables. Blend all together with the dressing. Serve upon a lettuce leaf.

CELERY SALAD

3 cups cut celery
1 cup cream dressing

Mix the celery with the cream dressing. Garnish with water cress or celery tops.

CELERY AND TOMATO SALAD

1 pint diced fresh tomatoes
¼ cup dressing
½ cup celery

Peel the tomatoes and cut into three-fourth inch cubes, rejecting the seedy portion. Clean the celery and cut into half-inch lengths. Add to the tomatoes and mix with the cream dressing. Garnish and serve.

BEETS AND PEAS IN ASPIC

3 red beets
1 can French peas
1 dozen ripe olives
⅓ package vegetable gelatine
1 cup boiling water
Juice 2 lemons

Wash and cook two beets in boiling water until tender. Peel and cut into cubes and marinate with the juice of one lemon. Peel one beet and cut into small cubes. Cover with 1½ cups of cold water and let simmer ten or fifteen minutes until the water is a rich red color. Drain and measure. There should be one cupful. Soak the vegetable gelatine in warm water twenty minutes. Drain and cook in the boiling water eight to ten minutes. Strain and add one-half cup to the beet water. To this jelly add the beets and sliced olives.

Drain the juice from one can of French peas and marinate the peas with the juice from one lemon. To one cup of juice drained from the peas, add the remainder of the cooked vegetable gelatine. Then add the peas and fill a mold half full of this mixture. As this begins to solidify, add carefully enough of the beet mixture to fill the mold. When solidified, turn out upon a plate and garnish with slices of lemon.

FRENCH SALAD

1 pint cold diced potatoes
½ cup diced cucumbers
½ cup diced radishes
¼ cup grated onion
1 cup cream dressing
Salt to taste
1 cup celery

Cook the potatoes in boiling, salted water. When cold, cut into half-inch cubes. Peel the cucumber, cut into small cubes and throw into cold water until ready for use. Prepare the radishes in the same way. If the radishes are very tender, the skin may be left on to give a bit of color to the salad. Chop the celery quite fine, remove the vegetables

from the water, and dry upon clean towels. Add them to the potatoes. Add the grated onions (the onion may be omitted), and mix all the ingredients with the cream dressing. Garnish with crisp, tender lettuce and red radishes with the skin trimmed back from the root end in such a way as to represent a blossom.

PEAS AND CELERY SALAD

1 can peas
1½ cups chopped celery
1 cup cream dressing
1 onion
⅓ teaspoon salt

Drain the juice from one can of peas, wash, drain again. Add to the peas the grated onion, salt, and chopped celery. Mix all with the cream dressing, scant measure, and garnish with lettuce.

BEET SALAD

Prepare the desired number of beets by washing carefully, and cook in boiling, salted water from one to four hours or until the beets are perfectly tender. Remove from the hot water, and take off the skins. Cut in half the round way of the beets. For each serving place the two halves on a lettuce leaf on a salad plate. Between the two, pile cream dressing and arrange sliced, ripe olives over the dressing.

SALAD DRESSINGS

Of herbs, and other country messes,
Which the neat-handed Phillis dresses.

MILTON.

GARLIC DRESSING

Slice and cut a clove of garlic and mash it to a paste. Add a teaspoon of salt, half a teaspoon of cayenne pepper, quarter of a teaspoon of paprika and one tablespoon of tomato catsup. Add five tablespoons of oil gradually and one tablespoon of lemon juice. Beat with a silver fork or Dover egg beater.

FRENCH DRESSING NO. 1

Put four tablespoons of olive oil in a bowl with one tablespoon of white wine vinegar, half a teaspoon of salt and a saltspoon of paprika. Mix with a small size Dover egg beater.

FRENCH DRESSING NO. 2

Put one teaspoon of salt in a bowl with one saltspoon of paprika and black pepper, add four tablespoons of oil and mix well, beating with a silver fork. Then add slowly one tablespoon of lemon juice or vinegar, and the dressing will become white and thicker. The ingredients should be so well proportioned and blended that no one ingredient can be distinguished.

FRENCH DRESSING NO. 3

1 tablespoon lemon juice
3 tablespoons olive oil
¼ teaspoon salt
A few drops onion juice

Dissolve the salt in the lemon juice, add the onion and then the oil. If desired, the oil or lemon juice may be increased.

RIPE OLIVE DRESSING

Add to French dressing No. 1 one large onion grated and a dozen ripe olives stoned and chopped fine.

DELMONICO DRESSING

Put some chopped chives in the bottom of the bowl with a chopped beet, a teaspoon of salt and a pinch of pepper. Add six tablespoons of oil and stir with a fork until well mixed. Then add slowly the juice of half a lemon and chill the dressing before serving.

CHEESE DRESSING

Cut a cream cheese in half and rub one-half to a paste, with four tablespoons of olive oil, and one of white wine vinegar, a pinch of cayenne pepper, and one teaspoon of salt. It should have the consistency of Mayonnaise dressing.

VINAIGRETTE DRESSING

½ teaspoon salt
¼ teaspoon paprika
½ teaspoon finely chopped parsley
2 tablespoons lemon juice
4 tablespoons olive oil
1 tablespoon finely chopped red pepper

Mix the ingredients with a small Dover egg beater.

PARISIAN DRESSING

Beat together one tablespoon of pear vinegar, four of olive oil, and one teaspoon each of chopped parsley, capers and olives.

Add one saltspoon of salt, paprika and a few drops of onion juice.

BUTTERMILK CREAM SALAD DRESSING

½ cup of buttermilk cream
1 tablespoon of vinegar
¼ teaspoon of salt
Cayenne pepper

This dressing is particularly suitable for serving with cucumbers.

BUTTERMILK CREAM HORSERADISH DRESSING

To buttermilk cream add a little grated horseradish and vinegar and salt. Serve on whole or sliced tomatoes.

CREAM DRESSING

6 tablespoons heavy cream
2 tablespoons vinegar
½ teaspoon salt
A few grains of cayenne
3 tablespoons olive oil

Beat the cream until stiff, using a small size Dover egg beater. Add the seasoning, oil and vinegar slowly and beat until well blended.

CREAM FRENCH DRESSING

½ teaspoon salt
⅛ teaspoon paprika
1 tablespoon vinegar or lemon juice
4 tablespoons heavy cream

Mix the first three ingredients until well blended, then add the cream beaten until stiff.

SOUR CREAM DRESSING

½ pint sour cream
2 tablespoons lemon juice
2 tablespoons vinegar
1 scant tablespoon sugar
1 teaspoon salt
¼ teaspoon pepper
1 teaspoon or more mixed mustard

Beat the cream with an egg beater till smooth, thick and light. Mix the other ingredients together, and gradually add to the cream, beating all the while.

Having beaten sour cream for a foundation the seasoning may be anything desired, as, for example, the mustard

and lemon may be omitted, and the dressing be seasoned highly with any kind of catsup.

A sweet cream may be substituted for the sour; it should be quite thick.

CATSUP DRESSING

1 cup cream — sweet or sour
½ cup tomato catsup
2 tablespoons olive oil
2 tablespoons vinegar
2 tablespoons sugar
1 teaspoon salt

Mix the oil, salt, sugar and vinegar together, then beat in the catsup and finally add the cream, beating it gradually.

SANDWICHES

Being used but sisterly salutes to feel,
Insipid things — like sandwiches of veal.

HOOD.

BREAD AND BUTTER SANDWICHES

Butter bread slightly, cut very thin and put the slices together. The bread should be a day old and the butter should be creamed. It is better to butter the bread before it is cut. Remove the crusts.

BOSTON BROWN BREAD SANDWICHES

Boston brown bread makes delicious sandwiches. Butter, and cut in thin slices, and add a thin round of white bread. Or omit the white bread and fill with chopped nuts.

FRUIT SANDWICHES

Spread bread and butter sandwiches with cooked dates, figs or prunes, moistened with a little lemon juice and chopped fine. Chopped nuts may be added.

LETTUCE SANDWICHES

Spread bread and butter sandwiches with a layer of cream dressing and a layer of crisp lettuce leaves, washed and dried thoroughly. Cress also may be used. Trim the edges with a sharp knife.

NUT SANDWICHES

Make bread and butter sandwiches, adding chopped nuts and chopped olives to the cream dressing with which they are spread.

SPANISH SANDWICHES

Cut slices of graham bread very thin, butter, and spread with a layer of cottage cheese sprinkled with salt, mustard, paprika and chopped olives.

TOMATO SANDWICHES

Remove the skin from a firm tomato and cut in thin slices. Peel a cucumber, cut in half and remove the seeds and chop fine. Lay the tomato between slices of buttered bread, cover with the cucumber and season well with black pepper and salt.

JELLY SANDWICHES

Spread sandwiches with jam or fruit jelly and sprinkle with finely chopped English walnuts; or instead of the nuts spread a thin layer of cream cheese.

MARMALADE SANDWICHES

Butter and cut white bread in thin slices, spread with orange or quince marmalade, cover with thin slices of brown bread.

PEANUT BUTTER SANDWICHES

Mix a cream cheese with two scant tablespoons of peanut butter, and blend thoroughly. Season with salt and spread between thin slices of buttered graham bread.

GOVERNMENT SANDWICHES

Mash a cream cheese, and add chopped olives and pimientos in equal parts. Season well with salt and paprika. Spread between slices of bread, remove crusts, and cut in fancy shapes or roll.

TOASTED SANDWICHES

Mix a cream cheese with a little French dressing. Spread thin slices of white bread with the mixture and sprinkle with chopped nuts. Cover with bread and toast over a hot fire.

FLAVORED BUTTER SANDWICHES

Cream butter with some flavoring extract such as vanilla, orange water, etc., and spread on white bread cut in thin slices and rolled. Sandwiches should always be dainty.

CHEESE SANDWICHES

Mash or grate American cheese, add salt, a few drops of vinegar, and paprika, with a speck of mustard. Mix thoroughly, and spread between thin slices of bread.

CHEESE PASTE FOR SANDWICHES

6 ounces grated cheese — 4 tablespoons tomato purée
Pepper, salt

Mix the grated cheese to a smooth paste with the tomato purée; add pepper and salt to taste. The paste will keep for three or four days, but it must be kept covered. Spread on thin bread and butter.

CUBAN SANDWICHES

This sandwich may be described as a sort of club sandwich with cheese. It is usually made large so that it is necessary to eat it with a knife and fork. It may be made in such proportions as to supply a large amount of nourishment.

Cut the crusts from slices of bread. Between two slices lay first lettuce with a little salad dressing, then a slice of soft mild cheese, and finally thin slices of dill pickles or a little chopped pickle.

TOASTED CHEESE SANDWICHES

Plain bread and butter sandwiches with fairly thick slices of cheese put between the slices are toasted, or at chafing-dish suppers may be browned in a pan. Use a slow heat that the cheese may be melted when the bread is browned.

CUCUMBER SANDWICHES

Slices of cucumber
Grated cheese
Thin bread and butter
Pepper, salt

Take some thin slices of bread and butter. Sprinkle with grated cheese, and dust a very little pepper over them. Lay very thinly sliced cucumber over this, and cover them with more bread and butter; press them slightly together, and cut off the crust. Cut into shapes, and serve on a doily.

MUSTARD AND CRESS SANDWICHES

Bread and butter
Mustard and cress

Cut some neat slices of bread and butter, and cover them with equal parts of mustard and cress. Cover them with more slices of plain bread and butter. Press them lightly together and cut in neat three-cornered pieces.

The long stalks should be cut away from the mustard and cress before it is used for the sandwiches; when it has been very carefully washed, it should be dried on a clean towel.

NUT PASTE FOR SANDWICHES

2 ounces of pine kernels
2 ounces of almonds
4 drops of rose water
Juice of 1 orange

Thoroughly grind the nuts by putting them twice through a nut mill. Put them on a plate; add the rose water, and mash them well with a knife, or a wooden spoon; add the orange juice last, and put into small pots and serve like potted meat.

TOASTS

Though we eat little flesh and drink no wine,
Yet let's be merry; we'll have tea and toast.

SHELLEY.

DRY TOAST

Cut the bread in one-quarter-inch slices and remove the crusts. Place in a wire toaster, and hold over the fire turning often some distance from the coals. When dry, hold nearer to the coals, and color a golden brown, first on one side and then on the other.

CREAMED TOAST

1 pint of milk
2 tablespoons butter
2 tablespoons flour
1 teaspoon salt
6 to 8 slices of bread

Make a thin, white sauce of the milk, butter, flour and salt. Toast the bread, preferably until crisp. Pour over this the white sauce. Serve at once.

CHEESE ON TOAST

2 ounces of grated cheese
2 tablespoons milk
A slice of buttered toast
Pepper, salt and mustard

Grate two ounces of any kind of dry cheese, or, if the cheese is too new to grate, put through a ricer. Put the cheese in a small stewpan with the milk, and very little salt, pepper and mustard. Stir over the fire or a gas-ring until it is quite melted. Have ready a piece of buttered toast about four inches square. Pour the cheese evenly over the toast, and serve as quickly as possible on a hot water dish.

CHEESE AND ONION ON TOAST

A slice of buttered toast
2 ounces of grated cheese
½ pint of milk
½ pint of onions
Pepper and salt

Prepare the toast.

The onions must be weighed after they are peeled. Slice them, and throw them into cold water. Let them boil up quickly; then drain them well. Chop them a little, and put them with the milk, bringing them quickly to a boiling point; then stew gently until quite tender, which should be about half an hour. Season with pepper and salt, and add the cheese stirring until it is melted. Pour over the toast, and serve as hot as possible.

BAKED TOMATO ON TOAST

6 slices of bread
6 thick slices of tomatoes
1 tablespoon butter
¾ cup milk
½ teaspoon salt

Trim the crust from the bread and toast to an even brown. Select firm ripe tomatoes. Remove the stem, and cut into two or three slices according to the thickness of the tomato. The slices should be about three-quarters of an inch thick. Place the tomatoes in a buttered pan; sprinkle with salt, and dot each slice with a bit of butter. Bake twenty to thirty minutes in a moderate oven. Moisten the toast by dipping quickly into the hot milk. Place a slice of baked tomato on each slice of toast. Garnish with a sprig of parsley.

DATE TOAST

2 cups of dates
Water
4 tablespoons milk
1 tablespoon cream
Toast

Immerse the dates in cold water, remove the stones and wash in hot water. Cook the dates in an equal quantity of

boiling water until they are very soft and quite thick. Put them through a colander, and add the milk and cream. Pour this over crisp toasted bread.

PRUNE TOAST

Wash, and soak sweet California prunes over night in cold water. Simmer on the back of the range for one to two hours, or until perfectly tender. Remove the seeds, and rub the prunes through a colander. When ready to serve, dip thoroughly toasted slices of bread or zwieback quickly in hot milk. Serve as individual portions on small plates. Over each slice put a spoonful of the prune purée. If desired this may be served with thin cream.

FRUIT TOAST

For each serving, allow one slice of crisp toasted bread and one-half cup of a fruit sauce such as apple sauce, peach sauce, etc. If berries or fruit juices are used, thicken with cornstarch in the proportion of two teaspoons of cornstarch to one of the liquid or sauce. If desired two slices of breakfast toast or one slice of zwieback may be substituted for the toasted bread.

RUSSIAN TOAST

1 cup cottage cheese ½ cup cream dressing
2 slices bread

Trim the crusts from the bread, and cut into two oblong pieces. Toast to a nice brown, and moisten slightly with hot water. Mix the cottage cheese with the cream dressing, and serve a spoonful upon each slice of toast. This makes a nice relish, having much the same flavor as caviar.

CHEESE AND TOMATO TOAST

A slice of buttered toast 4 tablespoons of tomato purée
Pepper and salt

Make a slice of toast an inch thick from a square loaf, and butter it well. Put the tomato purée in a small stewpan with the grated cheese and a little pepper. Stir over the fire until the butter is melted; then spread evenly over the toast, and serve as hot as possible.

CREAMED CELERY ON TOAST

3 cups cut celery
1 cup milk
1 tablespoon butter
1 tablespoon flour
½ teaspoon salt

Clean, scrape and cut enough celery to make three cups. Cook until tender in boiling, salted water, which will require about forty-five minutes. Let the water boil away when done, leaving the celery with very little liquid. Prepare a thin white sauce of the remaining ingredients, and pour over the celery. Prepare the toast by trimming the crust from thin slices of bread. Cut diagonally, making triangular-shaped pieces of toast. Toast in a moderate oven until crisp. Dip slices of crisp toast into some hot milk or cream. Serve with a spoonful of the creamed celery upon each slice.

CREAMED SPINACH ON TOAST

1 pint cooked or canned spinach
Toast
1 cup white sauce
½ teaspoon salt

Drain the liquid from the spinach, and chop. Prepare the white sauce, and add the spinach to it. Add salt, and reheat. Trim the crusts from the bread. Cut into triangular shaped pieces, and toast in a slow oven until crisp and nicely browned. Moisten it in a little hot milk or cream, and serve a spoonful of the creamed spinach upon each slice.

ONIONS ON TOAST

1 dozen small Spanish onions
6 slices of toast
1 pint of white sauce or cream sauce

Remove the skins of the onions under cold water; cook in

boiling, salted water five minutes; pour off the cold water, drain, cover again with boiling, salted water. Cook one hour or until tender throughout, but not so soft that the shape is lost. Drain and serve two or three onions upon each slice of moistened toast. Prepare the sauce, and serve one or two spoonfuls of it upon each serving.

CREAMED OKRA ON TOAST

To cook the okra pods put them in boiling water, using one teaspoon of salt to a quart of water; add one tablespoon of lemon juice to the water also. Cook about one-half hour or until the okra is tender. Drain the water from the okra, reserving one cup of it for the sauce. Prepare the sauce as follows:

1 cup water from the okra
½ cup cream
1 teaspoon salt
¼ cup milk
¼ cup strained tomatoes
2 tablespoons flour
2 tablespoons butter

Heat the okra water, the cream and milk in a double boiler. Rub the flour and butter together, and pour over it a little of the heated liquid, stirring meanwhile. When mixed thin enough to pour, turn this back into the remainder of the hot liquid. Set in a double boiler, and stir until thickened. Add the salt and strained tomato just before serving. Place three or four of the okra pods on a nicely toasted slice of bread for each serving, and over this pour a spoonful or more of the prepared sauce.

APSLEY RUSKS

This form of toasted bread is much more easily digested than toast, as it is more completely cooked. The bread used in making the rusks must be at least three or four days old; new bread is difficult to cut into thin slices. The oven must be moderate, and the time taken in cooking will vary with

its heat, averaging from twenty minutes to half an hour. Cut the bread thin, and place on the oven shelf or on a slide that fits on to the oven shelf, and can be taken in and out easily. The rusks must be carefully watched and turned, as they become brown on one side, and should be made fresh each day.

CROÛTONS

Cut some slices of stale bread about half an inch thick. If the croûtons are required for soup they should be cut into dice, but if for garnishing they may be stamped into any shape, or cut into three-cornered pieces. Fry them in hot salad oil, and drain them on an inverted sieve.

BREAD-RASPINGS

All pieces of bread should be put aside in a clean bowl, and when enough has been saved to fill a good-sized baking-tin, they should be baked in a slow oven until they are a rich golden color all through. They should then be rolled on a pastry-board — a small quantity at a time — until they are fine enough for use, and then put into a biscuit-box with a well-fitting lid, which should be kept in a dry place. These raspings are used in many recipes, and a good supply should always be kept on hand. They are not only better and more easily digested than ordinary bread-crumbs, but they are much more economical, and are the means of every scrap of bread being utilized. As the rolling would scratch and dent the board and rolling-pin used for pastry,— and it is necessary to keep them perfectly smooth — a special rolling-pin and board should be kept for this purpose.

MISCELLANEOUS

A morsel for a monarch.

SHAKESPEARE.

UNCOOKED CURD, OR FRENCH COTTAGE CHEESE

The French make cheese from sour milk without heating it. They pour the milk into earthen molds which have holes in the bottom. A very fine sieve may be used instead of the molds. The whey drips out, and the curd assumes a custard-like consistency, and takes the shape of a mold. When sufficiently stiff, the cheese is chilled, and is eaten with sweet cream and sugar. It is a staple dessert in many French families, especially in hot weather, and is delicious served with acid fruit, such as currants, or with strawberries.

BUTTERMILK CHEESE

To make the buttermilk cheese, heat buttermilk gradually to about 130 or 140 degrees F. Allow it to cool, and strain it. As the curd will settle to the bottom, most of the whey may be poured off before the draining is begun.

This cheese is, of course, almost wholly without fat, and yet, probably because the particles of curd are very finely divided, it has a smooth consistency, which suggests the presence of fat. It may be served seasoned with salt only, or it may be mixed with butter or cream and seasonings. It is suitable for combining with olives and pimientos, or for any use to which the ordinary cream cheeses are put.

CHEESE WAFERS

Butter thin crackers, and sprinkle thickly with grated cheese. Put in the oven, and bake until the cheese is melted

and the crackers are a delicate brown. Serve with salad or soup.

CHEESE RELISH

Spread bread which has been toasted or fried in deep oil with grated cheese, or with grated cheese mixed with a little mustard; then heat in the oven until the cheese is melted. This may be served with salad, or as a relish to give flavor to some dish such as boiled rice or hominy, which has no very marked flavor.

CREAMED CHEESE ON WAFERS

Mix Yogurt or Neufchâtel cheese with just enough cream to form a heavy paste. Mix until smooth; form in rosettes by forcing through a pastry tube. Pipe the rosette in the center of a wafer or thin cracker, and put a bit of colored jelly on two opposite corners, or if preferred, a small rosette may be piped on each corner and a bit of bright colored jelly placed in the center.

BUTTER BALLS

Cut the butter in small pieces the size of the balls desired, and put them in ice-water. Soak the butter paddles in boiling water ten minutes; then chill in ice water. Hold a paddle in the left hand, put on it a piece of butter and roll with the right paddle until round. If butter sticks, it must be chilled longer, or the paddles may be rubbed with salt and reheated.

SALTED ALMONDS

1 pint water
½ cup salt
1 cup almonds
2 teaspoons butter or oil

Blanch the almonds. Heat the salt and water, and when boiling add the nuts. Cook eight minutes. Drain, place them in a baking pan, and put the butter or oil over them with a brush. Bake until a delicate brown. Stir frequently.

CELERY RELISH

1 quart can tomatoes
1 quart celery — chopped very fine
1 pint onions — chopped very fine
2 tablespoons salt
¼ cup lemon juice

Cook the tomatoes, celery and onions covered until very tender and quite thick. When almost done, add the salt. Add the lemon juice at the very last.

SAVORY BEET

1 slice onion
½ teaspoon salt
½ teaspoon Harvey's sauce
½ beet or 1 small one
½ teaspoon dry mustard
3 tablespoons cream
3 tablespoons milk

Fry a slice of onion in butter; then mix together half a teaspoon of salt, one-half teaspoon dry mustard, one-half teaspoon Harvey's sauce, one teaspoon flour, three tablespoons cream and the same of milk, pour it over the onion in the saucepan, and boil five minutes; lastly, slice in a moderate sized boiled beet. This is to be eaten cold.

CHILI SAUCE

1 pint condensed tomato
½ cup lemon juice
4 tablespoons brown sugar
1 teaspoon cinnamon
¼ teaspoon cloves
4 tablespoons grated onion

Cook the condensed tomato slowly one-half hour. Add the grated onion, sugar, cloves, cinnamon, and cook one-half hour longer. Then add the lemon juice.

Canned tomatoes may be used instead of condensed tomatoes, in which case it will be necessary to use three pints. Cook them until reduced to one pint. Rub them through a colander, and proceed the same as above directed.

POLISH SALAD

Soak six salt pickles in water about six hours. Then drain. Chop two sour apples, one large onion, with the

pickles, and mix all thoroughly in a bowl, and sprinkle over them a scant half teaspoon of white pepper, a heaping tablespoon sugar and a pinch of salt if necessary. Pour enough white wine vinegar over all to just cover.

PICCALILLI

Take one-half peck green tomatoes, two cabbages, nine onions, twelve cucumbers, six green peppers and one-quarter pound mustard seed. Chop all very fine. Make a strong brine of salt water, and boil the chopped piccalilli in it for about five minutes. Remove from the fire, and press out every drop of the brine; then mix in the mustard seed, and put all in a stone crock. Boil a gallon of pickling vinegar, and pour over hot. It may be used as soon as cold.

TO MAKE FRESH CURD

Take one pint of milk and one dessertspoon of essence of rennet.

Warm the milk to blood heat on the fire, remove, and then add the rennet; let it stand aside until set, about an hour. Place the curd on a hair sieve, and put a plate on top of it, applying gentle pressure for about a minute, and then place a five pound weight on the plate and leave it to drip for about a quarter of an hour. Remove the weight and plate, scraping up the curd into a heap, and repeat the pressing process, in all about three or four times to the hour. At the end of the hour an eleven pound weight may be put on and left on for another hour, at the end of which time the curd will be free from whey and of the consistency of tender fish. Fresh country milk will take a much less shorter time to set, say ten minutes, and require less rennet. Another way of getting the whey out of the curd is to hang it up in a cheesecloth to drain. This will take several hours, but the result is satisfactory. Curd may be flavored with vanilla, ginger, nutmeg, etc., added to the milk before warming.

PIES

As many mince pies as you taste at Christmas, so many happy months you will have.

OLD ENGLISH SAYING.

PLAIN PASTRY

1¼ cups pastry flour
¼ teaspoon salt
⅓ to ½ cup butter
¼ cup ice water

Mix in the order given.

All the materials must be as cool as possible. Sift the salt into the flour. Rub in the butter with a knife, spoon or the tips of the fingers. Add the ice water a little at a time, making soft tiny masses. Then press these little masses together. Toss upon a floured board, and roll out with as little manipulation as possible. It should be rolled in one direction only, not back and forth, and on one side only.

If two crusts are used, the lower one should be moistened around the edge with cold water, then a half-inch strip of pastry should be placed around the edge of the under crust. This strip should also be moistened, and the upper crust placed over the pie and pressed slightly around the edge.

PUMPKIN PIE

1 cup baked pumpkin
2 cups milk
½ cup brown sugar
¼ teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon salt
1 tablespoon molasses

To prepare the pumpkin, cut in halves. Remove the seeds, and place in the oven to bake until tender. Scrape out the cooked pumpkin, avoiding the skin formed by baking.

Mash, and add the sugar, molasses, seasonings and milk. Line the pie-tin with any preferred pastry. Partially bake the crust, and turn into it the pumpkin mixture. Place in a moderate oven, and bake until set. Steamed or canned pumpkin may be used, but should be placed in the oven and baked until quite dry.

CHERRY PIE

1 pint canned or stewed cherries drained
½ cup cherry juice
4 tablespoons flour
½ to ¾ cup sugar
Pastry

Prepare plain or nut meal pastry and line the pie-tin. Sift the flour and sugar together. The amount of sugar needed will depend upon the amount used in cooked fruit. Sprinkle a layer of the flour and sugar over the pie crust. Fill with the canned fruit, and over the top of this sprinkle the remainder of the flour and sugar. Put on the top crust, pinch the edges together, and bake in a hot oven, until nicely browned. Other fruits may be used in the same way.

VANILLA CREAM PIE

2 cups milk
½ cup flour
½ cup sugar
1 tablespoon butter
⅛ teaspoon salt
1½ teaspoons vanilla
2 tablespoons powdered sugar
Pastry

Scald the milk. Mix the dry ingredients together. Add the scalded milk slowly, stirring all the time. Return to the double boiler and cook twenty to twenty-five minutes, stirring often. Add the vanilla and salt, and pour into a baked crust. Make a meringue of whipped cream, vegetable gelatine and the powdered sugar. Place on top of the filled pie.

COCOANUT CREAM PIE

1 pint of milk
½ cup cocoanut
¼ cup sugar
2 tablespoons powdered sugar
½ cup flour

Steep the cocoanut in one and one-half cups of the milk for twenty minutes. Strain and thicken with the flour, rubbed smooth with the remainder of the milk. Cook at least twenty minutes in a double boiler. Cool slightly and turn into a baked crust.

Make a meringue of whipped cream, vegetable gelatine and powdered sugar. Spread or pile unevenly over the filling. Many prefer the little peaks of meringue to that which is evenly spread over the pie.

NEW ENGLAND APPLE CREAM PIE

1 cup diced apples
1 cup water
½ cup sugar
½ teaspoon nutmeg
1 teaspoon lemon juice
½ teaspoon grated lemon rind
1 cup cream
2 tablespoons powdered sugar

Pastry

Cook the apples with the lemon rind in the water until quite dry. Add the sugar, lemon juice and the cream. Turn into a pastry crust and bake until set. Make a meringue of whipped cream, vegetable gelatine and the powdered sugar, and cover the pie with this.

Tart apples are best used for this pie.

APPLE TART

1 quart apples quartered
Sugar

Pastry

Peel and put the apples in a deep pie dish, sprinkle with sugar, cover with a pastry crust, and bake in a quick oven.

PASTRY STRIPS

Roll out pastry into oblong shapes, spread with a paste made as follows:

½ cup seeded dates
½ cup seeded raisins
¼ cup chopped walnuts

Put through a chopper, and if quite dry, moisten with a

tablespoon of orange juice. Roll the strips and then flatten with a rolling pin. Cut into one-half inch strips, and bake in a moderate oven.

PEACH COBBLER

2 quarts drained canned peaches
1½ cups sugar
3 tablespoons butter
Biscuit dough

Place the peaches, sugar and butter in a deep pan. Prepare a rich biscuit dough, using two tablespoons of butter to each cup of flour, and proceed as for cream biscuits. Roll out to one-third inch thickness, and place over the top of the peaches. Bake in a quick oven. Any fruit may be used.

VEGETABLE MARROW TARTLETS

Vegetable marrows, about 1½ pounds
1 tablespoon of sugar
1 teaspoon of ginger
½ pint of milk
1 tablespoon of flour

Peel and remove the seeds of the marrow, and cook for twenty minutes in the milk, with the sugar and the ginger. When tender, pass through a sieve, return to the saucepan, and add the flour, mixed to a smooth paste, with a little of the milk; let it thicken, stirring all the time, for about five minutes. Make some pastry, fill with the mixture, and bake for twenty minutes.

TREACLE TART

3 tablespoons of golden syrup
Paste
2 ounces of bread crumbs
½ ounce of butter

Make the paste according to the recipe for "Paste, Puff for Tarts and Tartlets," then line a shallow eight- or nine-inch tin with paste. Put in the bread crumbs, which must be very fine. Melt the butter and pour it over the bread crumbs, and warm the golden syrup and pour that evenly over all. Bake in a hot oven for about twenty minutes.

MINCE PIE

Mince-meat Paste

Prepare the paste according to recipe for paste, and use the mince-meat prepared according to either recipe for mince-meat.

MINCE-MEAT NO. 1

1 pound of raisins
1 pound of currants
1¼ pounds of apples
¼ pound each of candied citron, orange and lemon
1 pound of sugar
1 teaspoon of cinnamon
½ grated nutmeg
½ saltspoon of powdered cloves
2 sherry glasses of brandy

Pick and wash the currants, stone the raisins. Peel and slice the apples; they must be weighed after they are prepared. Shred very finely the citron, orange and lemon. Put them all into a large bowl, and mix well, then chop them either on a chopping-board or in a chopping bowl. When the fruit has been sufficiently chopped, return it to the large bowl, and mix in the sugar and spices. Put the mince-meat in a jar and pour the brandy over it. When it is used it should be well mixed, and until it is required must be kept carefully covered. A dessertspoon of mince-meat should be put into a three-inch pie; and as there is no suet in the mince-meat, a piece of butter, the size of a hazel nut, must be placed in the middle of the mince-meat in each pie.

MINCE-MEAT NO. 2

1 pound of raisins
1 pound of sultanas
1 pound of apples (after they are cored)
8 ounces of pine kernels
8 ounces of chestnuts
12 ounces of mixed peel
8 ounces of brown sugar
1 teaspoon of mixed spice
1 nutmeg
2 lemons
Wineglass each of sherry and brandy

Stone and chop the raisins; pick over and clean the sul-

tanas; peel and core the apples; grind the nuts very finely twice through a good nut-mill; chop the peel very fine; boil the lemons for two hours and chop into small pieces, taking out all seeds; add all together, and mix well, putting the spice and wine in last. Cover tightly and keep about a fortnight before using. Almonds may be used in place of pine kernels.

LEMON PIE

Mix one scant tablespoon of cornstarch with water to make a smooth paste, put in a saucepan with one cup of water, and boil five minutes. Add one teaspoon of butter, the juice of a large lemon and the grated rind, half a cup of sugar. It should have the consistency of thick cream. Bake between an upper and lower crust.

MOLASSES PIE

Mix half a pint of New Orleans molasses with one tablespoon of flour. Add the juice of a large lemon and half a cup of finely chopped nuts, and bake with an upper and under crust.

VEGETABLE GELATINE

An endless host,
Of syllabubs and jellies and mince-pies,
And other such lady-like luxuries.

SHELLEY.

GENERAL DIRECTIONS FOR THE USE OF VEGETABLE GELATINE

Soak the vegetable gelatine in warm water for twenty to thirty minutes. Remove from this water, and cook in boiling water — three cups to the box — keeping covered while cooking. Let it boil eight to ten minutes, or until it is perfectly clear. Strain through a wire sieve, or strainer.

A box of the gelatine will solidify eleven cups, or nearly three quarts of liquid, inclusive of the water in which the gelatine is cooked.

When a firm jelly which can be turned out of a mold is desired, use two cups of liquid to one cup of cooked vegetable gelatine — one-third box cooked in one cup of boiling water.

A more delicate jelly, which may be served in the dish in which it is cooled, is made by using two and one-half to two and three-quarters cups of liquid to one cup of cooked vegetable gelatine.

Vegetable gelatine hardens in a few minutes at ordinary room temperature.

Do not move jelly from molds until ready to serve.

CUCUMBER JELLY

1¾ cups cucumber pulp
⅓ package vegetable gelatine — ¼ ounce
¼ cup lemon juice
1 cup water
½ teaspoon salt
Few drops onion juice

To prepare the cucumber pulp, peel the cucumbers, and grate; strain through a colander, and press through as much liquid as possible. Add the lemon juice, salt and onion juice. Prepare the vegetable gelatine by soaking in warm water twenty minutes or more. Drain, and cook in the boiling water five to ten minutes. Strain, and add to the juices. Turn into molds wet with cold water. When firm, unmold, and serve upon a lettuce leaf with a salad dressing.

BUTTERMILK OR YOGURT JELLY

⅓ box vegetable gelatine
1½ cups buttermilk or Yogurt buttermilk
½ cup thick cream
1 cup boiling water
Juice and grated rind of 2 lemons

Prepare the vegetable gelatine according to general directions for the use of vegetable gelatine, and cook in the one-half cup of boiling water. Add to the buttermilk, cream and lemon, then turn into molds to cool. When set, serve with cream dressing.

TOMATO JELLY

1 can tomatoes
or
1¼ cups condensed tomato
3 bay leaves
1 medium-sized onion
1 teaspoon salt
½ cup lemon juice
⅓ box vegetable gelatine
1 cup boiling water
2 tablespoons sugar

Cook the tomatoes with the seasoning until reduced one-third; then rub through a colander. Prepare the vegetable gelatine according to general directions, using one cup of boiling water in which to cook it. When cooked and strained, add to the tomatoes, turn into molds, and set in a cool place. It may be cut into cubes or other fancy shapes if desired, and served as a garnish. May also be served as a salad with cream dressing.

If condensed tomato is used, it is only necessary to heat with the seasonings long enough to extract the flavor.

WINE JELLY

⅓ box vegetable gelatine
½ cup cold water
1½ cups sugar
2 cups boiling water
1 cup wine
Juice of one lemon

Cover the gelatine with the cold water, and let it stand about half an hour. Add the boiling water, sugar and lemon juice. Stir until the gelatine is dissolved, and add the wine. Strain through a cloth into molds wet with cold water, and set in cold place to harden. Serve plain or with whipped cream.

LEMON JELLY NO. 1

8 lemons
1 ounce vegetable gelatine
4 ounces sugar
2 oranges
½ pint water

Take the oranges and lemons, and grate the rinds, and add it to the strained juice, sugar and water; put them in a saucepan, and boil five minutes; then add the gelatine, which has been soaked in a little cold water. When dissolved, pass all through a jelly-bag or hair sieve; rinse with cold water a fancy mold; put in the mixture, and allow it to set.

LEMON JELLY NO. 2

¾ cup lemon juice
1¼ cups sugar
1½ cups cold water
⅓ box — ¼ ounce — vegetable gelatine
1 cup boiling water

Prepare the vegetable gelatine as directed, and cook in the boiling water. To the lemon juice, add the sugar and cold water and the cooked vegetable gelatine. Pour into molds which have been wet with cold water, and set in a cool place to mold. This may be served with whipped cream.

PINEAPPLE JELLY

2 cups pineapple juice
½ cup lemon juice
1¼ cups sugar
⅓ box — ¼ ounce — vegetable gelatine
1 cup boiling water

To the pineapple juice, add the lemon juice, the sugar and the vegetable gelatine cooked in the boiling water as directed. Mold and serve as for lemon jelly.

Other flavors may be made by using grape, cherry, strawberry, blackberry, raspberry or other fruit juices in place of the pineapple.

FRUIT JELLY

2 cups fruit juice
1 cup sugar
¼ cup lemon juice
⅓ box — ¼ ounce — vegetable gelatine
1 cup boiling water

Soak the vegetable gelatine for twenty minutes or more in warm water. Drain and cook in the boiling water. Boil five to ten minutes, or until perfectly clear, and strain into the fruit juice to which has been added the sugar. Stir until the sugar is dissolved. Turn into molds wet with cold water, and let it stand until ready to serve; then unmold.

ORANGE JELLY

⅓ box vegetable gelatine
1½ cups cold water
1 cup boiling water
1 cup sugar
2 cups orange juice
Juice of 1 lemon

Prepare the gelatine as directed and cook in the boiling water. Add the sugar, fruit juice and cold water to the cooked gelatine and strain through a cloth and strainer into cold wet molds, and put in a cool place to harden. Serve plain or with whipped cream.

ORANGE MOLD

Line molds with thin slices of orange, and pour into them orange or lemon jelly. Set on ice until ready to serve.

BANANA MOLD

Prepare a lemon, pineapple or other fruit jelly. Slice bananas, and line the molds into which the jelly is to be poured by pressing the bananas against the sides and bottom

of mold. When the jelly has cooled slightly, turn very slowly into molds. When cold, turn out upon a dessert plate, and serve with whipped cream. Other fruits may be substituted for the banana, viz., cherry, strawberry, raspberry, pineapple, etc.

MOONSHINE

1 ounce of vegetable gelatine
¼ pound of sugar
1 pint of boiling water
2 lemons

Dissolve the gelatine in a little cold water, add the pint of boiling water and sugar, also the grated rinds of the lemons. Boil for a quarter of an hour, strain, and add the juice of two lemons; when nearly cold, whisk it till snow-white; put it into a mold to set until next day.

MINT JELLY

½ cup lemon juice
⅔ cup sugar
2½ cups water
2 tablespoons mint
⅓ package vegetable gelatine — ¼ ounce

Soak the mint in the lemon juice one hour, then strain, and add the sugar and one and one-half cups cold water. Soak the vegetable gelatine in warm water twenty minutes or more. Strain and add one cup of boiling water; boil five to ten minutes. Strain and add the other ingredients. Turn into molds wet with cold water, and stand until ready to serve.

NUT JELLY

2 ounces of grated almonds
2 ounces of grated pine kernels
1½ pints of milk
2 tablespoons of cream
1½ ounces of vegetable gelatine
1 ounce of sugar

Soak the gelatine all night in a little of the milk; put the remainder of the milk into a double saucepan, and bring to boiling point, then add the gelatine, and allow it to boil for five minutes; pour this over the very finely ground nuts, add the sugar and cream, and beat all together for ten minutes.

Pour into a mold, rinsing the mold with cold water first, and put it to set until next day.

MILK JELLY

½ ounce of vegetable gelatine
1 pint of milk
1 ounce of sugar
Lemon rind to flavor

Soak the gelatine in a very little water all night, then add the boiling milk with the sugar and lemon rind. Let it simmer for five minutes, then strain into a mold; put it to set until next day.

BANANA CREAM

5 bananas
¼ ounce vegetable gelatine
½ pint milk
1 tablespoon sugar
2 oranges
½ pint cream

Peel the bananas, and pass them through a sieve, and add the sugar and whipped cream; soak the gelatine in two tablespoons of cold water, when dissolved, add it to the milk, and let it just come to the boil, then add it to the cream and banana, and mix lightly. Turn into a mold, and let it stand in a cold place. When set, turn out, and put the oranges — cut into thin slices — round, and serve.

BANANA AND ORANGE CREAM

4 bananas
2 oranges
1 tablespoon powdered vegetable gelatine
2 tablespoons lemon juice
1 teacup of sugar
½ pint cream

Soak the gelatine in half a cup of cold water over night, and next morning dissolve it in the same quantity of boiling water. Peel the bananas, and rub them through a sieve, add the juice and pulp of the oranges, and the lemon juice and sugar. Mix all well together, and add to the gelatine. Set the mixture in a cool place, until it begins to stiffen. Whip the cream till stiff, and stir all together; put into a mold, and let it stand on ice a few hours.

SALPICON OF FRUIT

½ cup strawberry juice
¾ cup pineapple or orange juice
⅙ box vegetable gelatine
½ cup sugar
1 tablespoon lemon juice
1 cup water

Drain the juice from a pint can of strawberries, and from a quart can of pineapple. Measure. To these add one-half of the water, the lemon juice and sugar. If the fruit juices are very sweet, less sugar will be required. Cook the vegetable gelatine, previously soaked and drained, in the remaining half of the water. Strain, and add to the fruit juices, then turn into stemmed sherbet glasses in which it is to be served. Decorate with triangular-shaped pieces of pineapple or orange arranged while soft on top of the jelly so as to point toward the center of the dish. A candied cherry in the center also adds to the attractiveness. This may be served as a first course or as a light dessert.

APPLE GÂTEAU

1 pound of apples
3 ounces of loaf sugar
½ ounce of vegetable gelatine
Juice of ½ lemon
1 pint of water

Peel and core the apples; cut them into quarters, and stew them with the water, sugar and lemon juice until tender, but not broken. Take them out carefully, and add the gelatine to the liquid, stir until melted, and return the apple for a few minutes. Rinse out a mold with cold water; pour in, and stand until firm.

JELLIED PEACHES

6 peaches
1 cup sugar
3 cups boiling water
¼ cup lemon juice
⅓ box — ¼ ounce — vegetable gelatine
3 dozen almonds

Pare, and cut into halves six peaches. Heat two cups of

water and the sugar to boiling, add the peaches, and cook until tender.

Remove, and place each half peach in a sherbet glass or mold.

Prepare a jelly, using the peach juice—of which there should be one and one-half cups, adding water to make the required amount if deficient — the lemon juice, and one cup of water in which has been boiled the vegetable gelatine.

The gelatine should be previously soaked, thoroughly washed and drained. After the jelly has cooled, and begins to slightly thicken, pour slowly into the glasses or molds. When beginning to set, add to each glass two or three blanched almonds split in halves.

Serve with whipped cream.

JELLIED APRICOTS

1 quart can apricots
¾ cup sugar
1 tablespoon lemon juice
1½ cups water
⅓ box — ¼ ounce — vegetable gelatine

Soak the vegetable gelatine in warm water for twenty minutes or more. Drain, and cook in cup of boiling water. Cook the sugar and the remainder of the water, letting it boil two minutes, then add to the apricots. Strain the cooked vegetable gelatine, and add to the fruit. Turn into molds wet with cold water, and let stand until ready to serve. Unmold, and serve with whipped cream.

CASSEROLE OF APPLES

2 pounds of apples
2 ounces of vegetable gelatine
1 teaspoon of essence of ginger
6 ounces of sugar

Dissolve the gelatine in a pint of cold water, add the sugar and a teaspoon of essence of ginger. Put it into a stewpan, and let it boil for five minutes, taking care it does not burn. Next, put the apples — pared, cored and quar-

tered, into the liquid, to boil until soft but not broken. Take out the apples, and place them in the casserole mold rinsed out with cold water. Strain, and color the liquid with cochineal, and pour it over the apples. Serve cold.

HOT DESSERTS

"Live like yourself," was soon my lady's word,
And lo! two puddings smoked upon the board.

POPE.

MILITARY PUDDING

8 ounces of bread or rusk crumbs
6 ounces of butter
4 ounces of moist sugar
Rind and juice of 1 large lemon
Any jam desired

Mix the butter, crumbs, sugar and lemon together; grease a medium-sized baking dish, and spread a layer of jam on the bottom, put the mixture on top, and bake for about half an hour.

ADMIRAL PUDDING

8 ounces of potatoes
12 ounces of carrots
4 ounces of sugar
7 ounces of flour or bread crumbs
3 ounces mixed candied peel
4 ounces butter
8 ounces of sultanas

Pass the carrots and potatoes when cooked through a sieve; add the butter chopped fine, and flour or bread crumbs. Mix well, then add the sultanas, sugar and candied peel, put into a well greased mold, and steam for five hours. Serve with lemon or sweet sauce.

STEAMED SULTANA PUDDING

½ pound flour
12 ounces of sultanas
¼ pound brown sugar
¼ pound mashed carrots
¼ pound mashed potatoes
¼ pound butter
1 tablespoon of molasses
2 ounces finely cut candied peel

Mix thoroughly the flour or bread crumbs, sultanas — after they have been carefully picked over, carrots, potatoes

— well mashed, and sugar. Warm the molasses and butter, and add these with the candied peel last. This pudding is improved by being mixed overnight, and should rise very high. Steam in a buttered basin about four hours.

SWEET POTATO PUDDING

4 ounces of potatoes
2 ounces of butter
3 ounces of sugar
Juice of 1 lemon

Cook and mash the potatoes, beat in the butter and sugar, then add the juice of the lemon. Put it into a well greased mold, and steam for half an hour. Can be baked if liked.

RAISIN PUDDING

8 ounces of flour
2 ounces of butter
3 gills of milk
1 teaspoon of baking powder
5 ounces of raisins or sultanas

Rub the butter into the flour, then mix the baking powder with the flour; add the raisins or sultanas and the milk. Mix all together, and put in a well-greased pie dish, and bake for three-quarters of an hour.

VALENTIA PUDDING

8 ounces of bread or rusk crumbs
3 ounces of Valentia raisins
1 ounce of butter
1 pint of milk
3 ounces of sugar
Vanilla or wine to flavor

Put the milk and butter on to boil. When it boils, add the crumbs, sugar, stoned and coarsely chopped raisins. Boil for two or three minutes, and put aside to cool. Add the flavoring to the cool mixture. Pour into a greased mold or basin, cover the top with a greased paper, and steam for two hours. Allow the pudding to stand until it shrinks away from the side of the basin, which will be in a minute or two. Turn out carefully on a hot dish. Serve with a sweet sauce.

QUEEN'S PUDDING

8 Savoy finger biscuits
½ pint sweet sauce
3 tablespoons raspberry jam

Roll the biscuits to make rather fine crumbs, and spread them over the bottom of a small pudding dish. Make the white sweet sauce according to recipe, and pour it over the biscuit crumbs while hot. Now spread the raspberry jam over the sauce. Put the pudding in a hot oven for five minutes, and serve at once.

VEVEY PUDDING

2 cups flour
½ teaspoon ground cloves
½ teaspoon cinnamon
½ teaspoon salt
1 teaspoon soda
½ cup melted butter
1 cup milk
1 cup molasses

Sift first five ingredients together twice. Stir in the milk, then the molasses and the melted butter. Turn into a buttered pudding dish. If in one large dish, steam two hours; if in individual dishes, steam one hour and fifteen minutes, tightly covered. Serve with whipped cream or hard sauce.

LOG CABIN PUDDING

1 loaf bread
¼ cup molasses
¼ cup honey
½ cup milk
1 tablespoon butter
½ cup raisins

Crumb the bread including the crusts. Pour over it the melted butter, distributing as evenly as possible, and stir in also the cleaned raisins. Mix the honey and molasses. An additional quarter cup of molasses may be substituted for the strained bee's honey. Add the milk. Turn the liquid over the dry ingredients; mix with a folding motion. Turn into a pudding dish, and steam over actively boiling water for about forty-five minutes. Too long cooking makes it heavy. Serve with sweet sauce.

ST. JAMES PUDDING

1 teaspoon salt
⅓ cup butter
⅔ cup sugar
½ cup New Orleans molasses
1 cup milk
3¾ cups flour
½ teaspoon ground cinnamon
½ teaspoon grated nutmeg
¾ cup chopped dates
1¼ cups chopped figs
½ teaspoon soda
1½ teaspoons baking powder

Melt the butter, add the molasses, sugar, spices, salt, milk. Sift the soda and baking powder with the flour. Dredge the fruit with a little of the flour. Stir the flour into the liquids, and lastly add the fruit. Steam three hours. Serve with whipped cream.

COTTAGE PUDDING

¼ cup butter
⅔ cup sugar
1¼ teaspoons soda
1 cup milk
1¼ cups flour
5 teaspoons baking powder

Cream the butter; add the sugar gradually. Sift the soda and baking powder with the flour. Add the milk and the flour alternately to the former ingredients. Turn into a buttered oblong pan, and fill about three-fourths full of the mixture. Bake in a quick oven. Cut into squares, and serve with lemon sauce.

STEAMED FRUIT PUDDING

¾ pound seeded raisins
½ pound currants
½ pound butter
½ pound candied citron
1 cup sugar
1 teaspoon nutmeg
5 cups chopped apples
1 teaspoon cinnamon
½ teaspoon salt
1¼ cups milk
1 quart stale bread crumbs — ½ pound
2 cups flour
Juice and rind ½ lemon

Wash the raisins by pouring boiling water over them, drain, and dry upon clean towels. Cut into quarters. Clean currants by placing them in a colander and shaking

flour over them. Rub them carefully in the flour; then place in a pan of cold water, and rinse thoroughly until the water is clean. Dry upon towels in a cool oven or in the sun. Currants may be prepared several days before using, if desired. Slice the citron very fine. If the citron is very hard, it may be softened by steaming. Cream the butter and sugar; add the seasonings, also the lemon juice and rind. Add the milk and one cup of flour alternately. Mix the fruit with the remainder of the flour, and turn into cake mixture. Fold in the grated bread crumbs, and lastly the chopped apples. Turn into a mold, and steam for five hours or boil in a square of cheesecloth, prepared by buttering one side, and then sprinkling with flour. Gather the corners of the cheesecloth, and tie snugly about the pudding. Serve with lemon sauce.

NUT AND FRUIT PUDDING

8 ounces of pine kernels
8 ounces of almonds
4 ounces of dates or figs
4 ounces of sultanas

Blanch the almonds, and grind them with the pine kernels in a nut mill, and pound well in a mortar. Clean and partly cook the sultanas by pouring boiling water over them a few hours before required. Stone, and clean the dates, and chop them up; mix all together by putting through a mincing machine. Steam in a basin or mold about seven hours. Any other nuts or fruits may be substituted.

VERMICELLI PUDDING NO. 1

4 ounces of vermicelli
1 pint of milk
½ thin rind of a lemon
1 dessertspoon of sugar
½ ounce butter
A little grated nutmeg

Put the milk to simmer with the lemon rind until it is nicely flavored, then take it out, and add the sugar and butter.

Throw the vermicelli into plenty of fast-boiling water,

and let it boil quickly for five minutes; then drain it well. Now stir it into the sweetened milk, and let it boil, stirring until it begins to boil.

Turn into a pie dish, grate a little nutmeg over it, and bake in a moderate oven for an hour.

VERMICELLI PUDDING NO. 2

1 pint of milk
2 ounces of vermicelli
2 tablespoons of sugar
Grated rinds of 2 lemons

Put the milk in a double saucepan, and let it come to boiling point; then sprinkle in the vermicelli, breaking it up a little in doing so. Allow it to boil gently in the milk till it is clear and soft and about twice its original size. Then add the sugar and grated lemon rinds. Pour the mixture in the greased basin or mold, cover with greased paper, and steam gently for about half an hour. Turn out carefully, and serve hot, garnished with orange fritters.

WINE PUDDING

8 ounces stale cake crumbs
1 wineglass sherry
1 pint milk
1 ounce of sugar

Pass the cake through a nut mill, or break into small pieces, put it into a basin, and pour the boiling milk over; let it stand for fifteen minutes, then beat well with a fork, and add the sugar and sherry. Put into a greased pie dish to bake for twenty minutes. A little lemon rind or juice may be added if liked.

RICE PUDDING WITH BURNT SUGAR

2½ ounces rice
2 tablespoons sugar
1½ pints milk

Wash the rice, and put it into the boiling milk in a double saucepan, and simmer gently until well done. Put the sugar into a small saucepan with four tablespoons of water, and boil until it becomes brown and thick; then spread it round

a mold which has been previously warmed. Pour the rice into the mold, and set it in a stewpan with some boiling water. Put the pan into the oven until the top of the pudding is brown; then set it on stove to simmer half an hour longer. Turn out, and serve very hot.

SAGO PUDDING

1 ounce of sago
1 pint of milk
½ ounce butter
1 dessertspoon of sugar
Thin rind of ½ lemon
A little grated nutmeg

Wash the sago, and put it in a pie dish, with as much boiling water as will just cover it; let it stand for an hour. Meantime put the milk in a saucepan with the lemon rind, and let it simmer until it is nicely flavored. Pour away any water that the sago has not absorbed, and add the milk, which must have been strained and sweetened and the butter melted in it. Grate over it a little nutmeg, and bake it in a moderate oven for about an hour.

SATISFACTION PUDDING

1 teacup of butter
1 teacup of milk
1 teacup of golden syrup
1 teacup of preserved ginger chips
1 teaspoon carbonate soda
1 teacup of flour

Warm the butter, syrup and milk together. When well mixed, sprinkle in enough flour to make a stiff batter. Add the ginger chips and soda last, and steam for about five hours.

BREAD AND BUTTER FRITTERS

4 slices bread and butter
1 tablespoon raspberry jam
½ ounce of sifted sugar

Spread the jam on the bread and butter, and press them well together, cut into rounds with a cutter, dip in a good batter, and fry a golden brown. Serve with the sugar sprinkled over. Any other jam may be used.

BREAD PUDDING

1 pound of pieces of stale bread
1 pint of boiling milk
Little nutmeg
2 ounces of butter
1½ ounces moist sugar
4 ounces of sultanas

Pour the milk on the bread, let it stand for a few minutes, then mash it up. Mix the sugar and butter together, and add to the bread and milk; mix well, and put in a buttered dish, and bake one and one-half hours in a moderate oven.

BREAD PUDDING À LA FRANÇAISE

1 pound of stale pieces of bread
1 pint of boiling milk
2 ounces of butter
1 ounce of candied peel
Essence of vanilla or cinnamon to taste

Put the pieces of bread into a basin, and pour over the boiling milk, and cover with a plate; let them stand for twenty minutes, and then add the butter, finely shredded candied peel and the flavoring. Mix thoroughly, and pour into a well-greased mold, and steam for three hours. Turn out carefully, and serve with jam or sauce.

CANDIED FRUIT PUDDING

¼ pound candied fruit
¼ pound of bread crumbs
2 ounces of flour
½ pint milk
2 ounces butter

Any kind of candied fruit that is getting a little damp to use as dessert will do for this pudding; if it is large, it should be shredded, but if cherries are used, they may be cut in half. Mix the flour with the bread crumbs and the candied fruit. Make the milk hot, and melt the butter in it, and pour it over the bread crumbs, etc. Have ready a buttered mold, and pour in the mixture, and steam for three hours. One of the wine sauces or plain sweet sauce may be served with this pudding. Or it may be served with butter, and cream and sugar.

CARROT PUDDING NO. 1

12 ounces of carrots
8 ounces bread crumbs grated
2½ ounces butter
3 ounces currants
A little grated nutmeg
3 ounces sultanas
1½ ounces sugar

Cook the carrots thoroughly; then grate or pass through a sieve. Chop up the butter, pass the bread crumbs through a sieve; pick over currants and sultanas, mix all together with the sugar and nutmeg. Add a little milk if not moist enough. Put into a well greased mold, and steam four hours.

CARROT PUDDING NO. 2

4 ounces of carrots
4 ounces of cake crumbs
1 breakfast cup of milk
2 ounces of sugar
½ ounce candied peel or crystallized cherries
½ wineglass sherry

Boil the carrots until tender, drain, and pass through a sieve; add the cake crumbs — any stale pieces of plain cake may be used. Boil the milk with the sugar, pour over the cake crumbs and carrot; mix well; add the sherry. Bake in a well-buttered pie dish for half an hour. Garnish the top with candied peel or cherries before putting into oven.

ROLY-POLY PUDDING

Short paste
Jam

Take any quantity of paste, according to the size of the pudding required, and roll it out half an inch thick. Spread the jam over the paste, leaving a margin of an inch all around. Now dampen the margin slightly, and fold the paste very lightly, but press the edges together. Wrap the pudding loosely in a buttered paper, and steam for four hours. Sweet white sauce can be served with it if liked. The pudding can be made with golden syrup instead of jam. Small berries are also good.

OMNIBUS PUDDING

6 ounces of flour or rusk crumbs
4 ounces of butter
6 ounces of sultanas
4 ounces of golden syrup
½ pint milk

Mix the butter and flour together, and add the sultanas. Warm the syrup and milk together, and add to the rest. Steam in a well buttered basin for four hours. Serve with any white sauce.

SNOWDON PUDDING

8 ounces of white bread crumbs
6 ounces of butter
3 ounces of sugar
3 tablespoons of jam — peach or apricot

Mix the bread crumbs and butter together with the sugar and jam. Steam in a well-greased basin for about three hours. Serve with a sauce of the same jam as used in the pudding, and whipped cream.

SPOTTED DICK

6 ounces of flour
4 ounces of sultanas or raisins
3 ounces of butter
1 teaspoon baking powder
Water

Chop the butter as you would suet, and mix into it the flour with the sultanas or raisins, and the baking powder. Add as much water as will make a paste thick enough to roll out, as for roly-poly pudding or jam roll. When rolled out, fold over, and put into a pudding cloth, and boil for about one hour.

ALMOND PUDDING

4 ounces of ground almonds
8 ounces of white bread crumbs
4 ounces of sugar
2 ounces of melted butter
Grated rind of 1 lemon
A little grated nutmeg

Mix the bread crumbs, almonds, sugar, lemon and nutmeg together, and add the melted butter; put into a well

greased basin; cover with greased paper, and steam for two hours. Serve with any sweet sauce.

ALMOND AND RAISIN PUDDING

¼ pound bread crumbs
2 dozen almonds
¼ pound raisins
2 ounces of sugar
2 ounces of flour
½ pint milk
2 ounces of butter

Blanch the almonds, and put them through a nut mill; then pound them well in a mortar. Add one drop of water occasionally to prevent them oiling. Stone the raisins, and chop them, but not very fine, and add them with the almonds, sugar and flour to the bread crumbs. Make the milk hot, and melt the butter in it, and stir it into the other ingredients. Butter a mold, and put in the mixture, and steam for four hours.

ALMOND CUP PUDDING

4 ounces of sweet almonds
2 ounces bitter almonds
2 ounces of butter
1 tablespoon cream
1½ ounces flour
1 ounce of sugar

Blanch the almonds, and pass them through a nut mill; then pound them well in a mortar for ten minutes; add the butter — beaten to a cream — and the cream and sugar. Then add the flour slowly, stirring all the time. Grease some small tins, and half fill them, and put into a quick oven for about half an hour. Serve with brandy sauce if desired.

ALMOND AND BREAD PUDDING

3 ounces of sweet almonds
6 bitter almonds
4 ounces of bread crumbs
2 ounces butter
The grated rind and juice of 1 lemon
2 tablespoons sugar
2 tablespoons flour
½ pint milk

Blanch the almonds, and put them through a nut mill. Pound them well, adding a little water occasionally to pre-

vent oiling. Add to the milk, and let them simmer on the stove for a quarter of an hour; then pour over the bread crumbs, and add the sugar, flour and lemon.

INDIAN PUDDING

5 cups of milk
⅓ cup of meal
1 teaspoon of salt
½ cup of molasses
2 tablespoons butter chopped
1 teaspoon of ginger

Cook the milk and meal in a double boiler 20 minutes; add the other ingredients. Put the mixture in a pudding dish and bake two hours. Serve with hot maple molasses and butter, or cream.

FIG AND INDIAN PUDDING

1 cup corn meal
1 cup molasses
6 cups of milk and cream mixed
1 cup finely chopped figs
1 teaspoon salt
1 tablespoon melted butter

Cook the corn meal with 4 cups of the milk, add the figs and salt, molasses and butter. Pour into a buttered pudding dish and bake in a moderate oven four hours. When partly cooked add the remainder of the milk without stirring the pudding.

CHRISTMAS PLUM PUDDING NO. 1

½ pound raisins
½ pound sultanas
½ pound almonds
½ pound pine kernels
½ pound demerara sugar
½ pound butter
¼ pound mixed peel
1 pound bread crumbs
4 apples
1 lemon, rind and juice
½ nutmeg
2 wineglasses brandy

Stone the raisins, pick over, and wash the sultanas, shred the peel, blanch the almonds, clean the pine kernels, and put them both through a nutmill, and then pound them, and grate the nutmeg and lemon rind. Mix all these with the bread crumbs, sugar, and apples which must be peeled, cored and chopped. Chop the butter, and add to the mix-

ture with the nutmeg and lemon juice. Let the ingredients stand for a night. Add the brandy, and mix together thoroughly. Put into well buttered molds, and allow pudding to steam for seven hours, and when warming again for use, for about half the time.

CHRISTMAS PLUM PUDDING NO. 2

1 pound of raisins
1 pound of sultanas
½ pound sugar
¾ pound butter
½ pound bread crumbs
¼ pound flour
½ pound almonds
¼ pound of Brazils
¼ pound crystallized cherries
6 ounces of peel
1 tablespoon mixed spice
¼ of a nutmeg
½ lemon and rind
½ carrot grated
¼ pound walnuts
½ tumbler brandy

Proceed in the same way as in No. 1, by mixing all the dry ingredients first together; the nuts should all be carefully prepared by removing every particle of skin, and put them through the nut mill twice if necessary; then pound them well in a mortar. Put into buttered molds, and steam about three hours. Grate the carrot, cut the crystallized cherries up fine, add these to the mixture, stir well, and allow to stand over night. Add the brandy next morning, and follow the same directions with regard to boiling.

CHRISTMAS PLUM PUDDING NO. 3

1 pound each of raisins and currants
1 pound of bread crumbs
¼ pound each of candied lemon, citron and orange
4 ounces of flour
½ pound sugar
1 dozen each of sweet and bitter almonds
1 pound of butter
1 nutmeg
Grated rind of a lemon
½ pint milk
2 sherry-glasses brandy

Stone the raisins, pick the currants, shred the candied lemon, citron, and orange; blanch, chop and pound the al-

monds, and grate the nutmeg. Mix all well together with the fresh lemon rind, bread crumbs, sugar and flour. Warm the butter slightly, and beat it up, and then add it to the other ingredients, mixing thoroughly. Cover the mixture carefully, and set it aside for at least six hours; it is better left over night. Then add the milk and brandy, and mix again thoroughly. Put the mixture into buttered molds, and steam for seven hours.

COLD DESSERTS

Can we ever have too much of a good thing?
CERVANTES.

CORNSTARCH PUDDING

1 pint milk
2 tablespoons cornstarch
3 tablespoons sugar
½ teaspoon vanilla

Dissolve the cornstarch in a little cold water. Stir the sugar into the milk, and place it on the fire. When it begins to boil, add the dissolved cornstarch. Stir constantly for a few minutes. After it becomes of the right consistency it can be left to cook for half an hour, to do away entirely with the raw taste resulting from too little cooking. When thoroughly cooked, remove from fire, add the vanilla, and turn into a mold. Serve with fruit sauce or thick cream.

CARAMEL CORNSTARCH PUDDING

1 tablespoon sugar
¼ teaspoon salt
4 tablespoons cornstarch
2 tablespoons water
1 pint milk
½ cup caramel

To prepare the caramel, melt one-half cup granulated sugar. Stir over the fire until it becomes a rather dark brown but clear color, taking care not to burn. Add one-half cup boiling water slowly, and cook until the hardened sugar is dissolved. Caramel may be bottled up, and kept indefinitely, to be used for coloring and flavoring.

Heat the milk with the caramel in a double boiler. Mix sugar, salt and cornstarch, and braid with cold water. Turn the hot milk into the cornstarch, stirring meanwhile, and

return to the double boiler, and cook forty-five minutes, stirring occasionally. Turn into molds or into a large dish. Serve with whipped cream.

CHOCOLATE BLANC MANGE

2 cups milk
¼ cup sugar
¼ cup cocoa
¼ cup cornstarch
½ teaspoon vanilla

Blend the cornstarch with an equal amount of milk. Heat the remainder of the milk in a double boiler; add the sugar, cocoa and vanilla. Add the moistened cornstarch, stirring until the milk has thickened. Cook one to two hours in the double boiler. Serve with a sauce. Malted milk may be substituted for the cocoa.

COCOANUT BLANC MANGE

4 tablespoons cornstarch
2 cups milk
4 tablespoons sugar
½ cup cocoanut

Moisten the cornstarch with four tablespoons of milk. Heat the remainder of the milk with the cocoanut. When the flavor is entirely extracted from the cocoanut, strain it out. Add the sugar and moistened cornstarch. Stir until thickened; then cook in a double boiler one to two hours. Turn into individual molds wet with cold water or into a shallow, oblong pan, and cut into squares.

DATE SURPRISE

1 tablespoon butter
3 tablespoons sugar
1 quart milk
4 tablespoons cornstarch
1 cup chopped dates
1 teaspoon almond extract
½ teaspoon vanilla

Heat the milk and sugar in a double boiler. Mix the cornstarch in cold milk, and stir in the hot milk. Cook twenty minutes. Add chopped dates. Remove from the heat, and add almond and vanilla extract. Serve with whipped cream with a seeded date on top.

INDIAN TRIFLE

3 tablespoons rice flour or cornstarch
3 tablespoons white cornmeal
4 tablespoons sugar
½ cup shaved citron
½ teaspoon cinnamon
3 cups milk

Mix the rice flour and cornmeal. Scald milk, and pour over the flour and meal. Stir over the fire until quite thick. Add sugar, citron and cinnamon, and cook in double boiler two or three hours. Turn into molds or a glass dish, and serve with whipped cream.

RICE PUDDING

5 cups milk
½ cup rice
½ teaspoon salt
⅓ cup sugar
Grated rind of ½ lemon

Wash the rice, mix ingredients, and pour into a buttered dish. Bake three hours in a very slow oven, stirring three times during the first hour to prevent rice from settling. Should not brown the first hour. Stir at the end of the second hour. The milk should be like thin cream. If this pudding is to be served quickly use four cups of milk instead of five, but it is better to use five and cook longer. Serve with preserves.

MILK RICE

4 ounces of rice
1 quart of milk
Nutmeg or vanilla
Sugar

Wash the rice, and put it in a double pan. Boil the milk, and pour it over the rice. Let it cook for two hours, and then sweeten with sugar and flavor to taste. Milk rice is very liable to burn, so that it is safer to use a double pan. It takes longer to cook in this way, but it is much more satisfactory. Serve cold with jam. An attractive dish is made by molding the rice in small cups.

DATE AND RICE PUDDING

Serve plain boiled rice as a pudding with cooked dates and whipped cream. Chop the dates in small pieces, add a little water and cook until tender. Serve with a border of boiled rice and cover with whipped cream.

RICE PUDDING À LA FRANÇAISE

4 ounces Carolina rice
1 pint of milk
1 ounce of butter
2 ounces sugar
4 drops essence vanilla or
4 ounces of ground almonds

Wash the rice thoroughly, and put into a double saucepan with the milk, butter and sugar, and allow it to cook slowly for two hours, stirring occasionally. Turn out, and when cold, add the vanilla or almonds. Grease a pudding dish, and steam the mixture for one hour and a half. Serve with jam or sweet sauce.

RICE WHOLE IN MOLDS

4 ounces rice
1 pint milk
1 dessertspoon sugar
1 bay leaf

Wash the rice; put it in a double boiler after picking it over. Boil the milk, and pour it over the rice; add the bay leaf and sugar; if the flavor of lemon is preferred, add half the thin rind of a lemon. Cook the rice for two hours and a half, and see that the water in the outer pan is kept boiling all the time, and the pan is not allowed to boil dry. Pour into a damp mold, or small molds, and put in a cool place for five or six hours. Turn out carefully. Serve stewed fruit with the molds. If small molds are used, put a candied cherry or strawberry on top of each, and serve with whipped cream.

RICE AND ALMOND MOLDS

4 ounces rice
1 quart milk
2 tablespoons sugar
1 ounce sweet almonds
2 bitter almonds

Blanch the almonds, and put them through the nut mill; then pound them in a mortar, adding one drop of water from time to time, to prevent them oiling. Wash the rice carefully, and put it in a double pan with the sugar and almonds. Let it cook until the rice is tender, being careful to keep plenty of boiling water in the outer pan; it will take about two hours and a half to cook. Stir occasionally while the rice is cooking. Beat it with a wooden spoon for a minute, and press it into a damp mold. Let it stand in a cool place for at least five hours. Turn it out carefully, and pour cream over it.

RICE BALLS

3 ounces of rice
½ pint of milk
Rind of 1 lemon
A pinch of sugar

Pick over the rice, but do not wash it; put it into a saucepan with sufficient water to cover it, with the sugar, and let it swell till the water is absorbed. Add the milk and lemon rind, and stew gently for an hour; put into small molds, and serve with stewed fruit.

RICE BLANC MANGE

2½ ounces ground rice
1 bay leaf
½ pint milk
1 tablespoon sugar

Take enough milk from the pint to mix the rice smoothly. Put the remainder in an enameled saucepan with the bay leaf, and let it remain until the milk is nicely flavored. If lemon flavor is preferred, use the thin rind of half a lemon. Remove the flavoring, and add the sugar, and pour the mixed rice in, stirring as the milk is poured in.

Return the mixture to a saucepan, and boil until the rice leaves the spoon easily, stirring the whole time. Pour into a damp mold, and let it stand in a cool place, for three or four hours before turning out. Serve stewed fruit with the blanc mange.

GRATED COCOANUT PUDDING

1 large cocoanut
Clear strawberry or currant jelly

Take a large cocoanut, break in pieces, pare off the outside bark. Throw the pieces into cold water, then dry them with a cloth and grate on a coarse grater, heap it on a flat dish, and serve with any good preserve; or arrange it around a jelly flavored with raspberry or strawberry.

NUT PURÉE

3 ounces walnuts
3 ounces almonds
3 ounces chestnuts or Brazils
4 ounces biscuits
½ pint of cream
¼ pint milk
A few drops of vanilla

Blanch the almonds, and remove every particle of skin from the walnuts and chestnuts, or Brazils, put them all through a nut mill, and mix well together. Boil the milk separately, and pour over the nuts; allow it to cool, then add the cream and vanilla, and beat all thoroughly together. Put the biscuits, sweet or plain ones, into a glass dish, and pour the mixture over, and allow it to stand two hours. A little whipped cream may be put on the top, if liked, or a few ratafia biscuits and crystallized cherries.

MIXED NUT PURÉE

5 ounces of almonds
4 ounces of pine kernels
1½ ounces of walnuts
1 teaspoon vanilla
4 ounces biscuits — any kind
1½ pints milk

Prepare the nuts, and pass them through the nut mill twice, also the biscuits. Mix all well together, pour the boiling milk over, and add the vanilla. When cold, serve in a glass dish with whipped cream.

PISTACHIO CREAMS

6 ounces pistachio nuts
1 pint cream
2 tablespoons rosewater
1 ounce sugar

Blanch the nuts, and pound them well with the rosewater, until the consistency of paste. Add the cream, and put into a small saucepan with the sugar, and let it just boil. Allow it to cool, and put it into jelly or custard glasses. Serve cold.

FUN PUDDING

½ pound ratafias
2 ounces sugar
3 ounces flour
1½ pints milk
3 ounces grated cocoanut

Add the sugar to a little of the milk; sprinkle in the flour, very slowly stirring all the time, add the rest of the milk, and put into a clean saucepan on the fire, and stir well until it thickens, being careful not to let it burn. Put the ratafias into a glass dish, and pour the mixture over; when nearly cold sprinkle with the cocoanut on top, and serve cold.

GERMAN PUDDING

3 ounces rice
2 ounces butter
3 ounces ground almonds
2 ounces stoned raisins
1 pint milk
Speck of powdered cinnamon

Cook the rice and milk in a double saucepan for half an hour, then add the ground almonds, butter, raisins and cinnamon. Mix well, and cook for ten minutes longer. Grease a mold, pour the mixture in, cover with a greased paper, tie a cloth over, and steam for two hours.

GINGER PUDDING NO. 1

1 breakfast cup of flour
½ breakfast cup of syrup
½ breakfast cup milk
1 tablespoon brown sugar
1 teaspoon ground ginger
½ teaspoon carbonate soda

Warm the milk, butter, sugar and syrup all together, then sprinkle in the flour into which the ginger has been first mixed; dissolve the soda in a little cold milk, and add it last. Steam in a well greased basin for about four hours.

GINGER PUDDING NO. 2

½ pound bread crumbs
¼ pound butter
¼ pound moist sugar
2 large tablespoons of ginger

Warm the butter, and mix with the sugar; mix the ginger with the bread crumbs; then mix all together thoroughly, put into a buttered basin, and steam for three or four hours.

BROWN GINGER PUDDING

2 ounces bread raspings
1 teaspoon ground ginger
3 ounces butter
1 tablespoon Golden Syrup
2 ounces candied lemon peel
½ pint milk
1 ounce sugar

Make the milk hot, and melt the butter and Golden Syrup in it, pouring over the bread raspings. Cover, and let them remain for half an hour. Now mix in thoroughly the ginger, sugar and candied lemon. Put the mixture in a well buttered mold, and steam for three hours. Serve sweet white sauce with the pudding.

GREEN GINGER PUDDING

4 ounces bread crumbs
4 ounces green ginger
2 ounces flour
¼ pint of milk
2 ounces butter

In weighing the ginger for this pudding, it is best to weigh it in the basin in which it will be mixed, then the syrup will not be wasted. Weigh the basin first, and then put in the ginger with a proper proportion of the syrup. Cut up the ginger in bits about as large as a pea. Add the bread crumbs to the ginger. Heat the milk, melting the butter in it, and pour it over the bread crumbs and ginger. Now mix in the flour very carefully, and stir well together. Pour the mixture in a well buttered mold, and steam for three hours. Serve with any sweet sauce.

GINGER WITH CREAM

Preserved ginger
Whipped cream

Cut up some ginger about the size of peas, and put a teaspoon and a very little syrup in each paper ramequin case. Fill the cases with whipped cream, and serve.

SEMOLINA MOLD

2 ounces semolina
1 ounce sugar
1 pint milk
½ lemon
½ teaspoon vanilla

Rinse a saucepan with cold water, then put in the milk and sugar. When it boils, add the semolina slowly, stirring all the time. Cook for three-quarters of an hour, then add the flavoring. Then rinse out a mold with cold water, pour the mixture in, and let it stand until cold.

MILK SAGO

4 ounces of sago
1 quart milk
Nutmeg
Sugar

Prepare this exactly as for milk rice. Any other flavoring can be substituted for the nutmeg. A strip of thin lemon peel simmered for the last half hour in the milk makes an agreeable flavoring.

MAPLE MARGUERITES

1½ cups brown sugar
¼ cup chopped nut meats
Crackers
½ cup water
¼ to ½ teaspoon maple flavoring

Boil the sugar and water together until it threads or, when dropped into cold water, will form a soft ball. Allow the syrup to cool for a moment or two, add the flavoring, and beat until of the proper consistency to spread. Add half of the nuts, and drop by spoonfuls on the crackers. While still fresh, sprinkle over the remainder of the chopped nuts.

RESTORATIVE JELLY

1 ounce of barley
1 ounce of rice
1 ounce of sago
2 pints water
½ small lemon
1 tablespoon sugar

Thoroughly wash the rice, sago, and barley, and put into a double saucepan with the water, also lemon rind cut thin. Let them simmer for three hours, then strain, and add the sugar. Serve cold.

TAPIOCA PUDDING

1 ounce tapioca
1 pint milk
1 dessertspoon sugar
½ ounce butter
Thin rind of ½ lemon
1 tablespoon finely grated bread crumbs
A little grated nutmeg

Wash the tapioca, and put it in a pie dish. Cover it with boiling water, and let it stand an hour. Pour off any of the water that has not been absorbed. Meantime, put the milk to simmer with the lemon rind, until it is nicely flavored, then remove the lemon, and add the sugar and butter. Sprinkle the bread crumbs over the tapioca, and pour over the milk. Grate a little nutmeg over the pudding, and bake for an hour in a moderate oven.

TAPIOCA AND APPLE PUDDING

1 ounce tapioca
1 pint of milk
1 dessertspoon. sugar
½ ounce butter
½ pint stewed apple
A little grated nutmeg

Wash the tapioca, and soak it in as much water — boiling — as will cover it, for an hour. Boil the milk and put in the sugar and butter. Place the apples at the bottom of a pie dish. Now pour away any water that has not been absorbed by the tapioca, and spread the tapioca over the apples. Pour in the sweetened milk, and grate a little nutmeg over all. Bake in a moderate oven for an hour.

PINEAPPLE TAPIOCA PUDDING

¾ cup minute or pearl tapioca
Cold water to cover
2½ cups boiling water
¼ cup lemon juice
1 cup finely cut pineapple
¼ teaspoon salt
1 cup finely cut pineapple

Soak the pearl tapioca in cold water to cover for several hours or use the minute tapioca which does not require soaking. Drain, and add the boiling water and the salt. Cook in a double boiler until thoroughly transparent. Then add the sugar and lemon juice. Cut sliced pineapple into small pieces, and stir in the tapioca. Serve cold.

CASTLE PUDDINGS

2 ounces of butter
2 ounces flour
1½ ounces sugar
½ lemon rind
1 teaspoon baking powder

Beat the butter and sugar until it is like cream, then add the grated lemon rind. Put in the flour, to which has been added the baking powder, a little at a time, beating it well as the flour is added. Butter some small molds, and bake fifteen minutes. Serve with sweet or lemon sauce. Angelica handles and crystallized cherries may be added if desired, to form into little baskets.

CASTLE BASKETS

6 castle puddings
4 ounces red currant jelly
3 gills of cream
3 ounces of angelica
Juice of ½ lemon
2 ounces cocoanut
1 tablespoon sugar

Take the castle puddings, which should be a day old, carefully scoop out the middle, roll them in a little jelly then in the cocoanut, so that they are well covered. Whip the cream with the sugar until thick; add the lemon juice and fill the baskets with this. Cut the angelica into long strips, and form the handles to the baskets. Serve cold.

FRUIT DESSERTS

Laden with fairest fruit that hung to the eye
Tempting, stirred in me sudden appetite
To pluck and eat.

MILTON.

COMPOTE OF MIXED FRUITS

Strawberries, Grapes, Raspberries, Nectarines, Green Figs, Melon, Pineapple, etc.

Cut up the larger fruits, and sift a little sugar over all in a dish. Make a syrup of the following: One pound of sugar, one and a half pints of water. Boil together until reduced to a pint, and pour over while hot, and let it stand on ice for twenty-four hours. Turn into a salad bowl, and serve very cold. Make plenty of syrup so that the fruit floats about in it.

COMPOTE OF FRUIT WITH RICE

Prepare one-third of the boiled rice recipe.

Prepare a fruit dressing of the following ingredients:

¼ cup pineapple juice
¾ cup boiling water
½ cup sugar
½ tablespoon cornstarch

Braid the cornstarch in a little cold water. Stir into the boiling water, and cook slowly an hour or more in a double boiler. Add the sugar, and the pineapple juice, and reheat. Add one-half cup of diced pineapple, eight to ten California cherries — canned or fresh — cut in small pieces, one-quarter cup diced bananas and two tablespoons lemon juice.

Malaga grapes may be used in place of the cherries if desired.

Serve a spoon of steamed rice in a stemmed compote dish, and on top of it place a generous spoon of the fruit compote.

FRUIT MACEDOINE

3 oranges
3 bananas
1 can sliced pineapple
Powdered sugar
Lemon juice

Peel the oranges deep enough into the flesh to remove all the white skin. Slice into half-inch slices; then cut into small cubes. Drain the juice from a pint can of pineapples, and cut the slices into small triangular shaped pieces.

Peel the banana, and cut into half-inch cubes. Mix the fruits, and put into stemmed sherbet glasses. Pour over each serving about a teaspoon of lemon juice, also a teaspoon or more of powdered sugar.

STEWED PRUNES

1 pound of prunes
3 half-pints water

Wash the prunes well, and put them in a bowl with three half-pints of cold water, and let them soak for twelve hours. Lift them from the water with a spoon, so as to let all impurities sink to the bottom of the bowl. Put them in a saucepan, and strain the water that the prunes were soaked in over them, being careful to leave all the sediment at the bottom. Now put them where they will simmer slowly, until they are quite tender but unbroken. This will take from two to three hours.

CASSEROLE OF PRUNES

1 pound of prunes
¼ ounce vegetable gelatine
¾ pound of lump sugar
1 pint of water

Wash the prunes thoroughly, and cook them for three-quarters of an hour in the water. Drain them through a

sieve, and carefully remove the stones without breaking the fruit more than is necessary. Take out the kernels and put in each prune. Put the water that the prunes were cooked in into a clean saucepan, with the sugar, and boil for thirty minutes; then add the prunes, and let it simmer for fifteen minutes. Soak the gelatine in a little cold water for an hour before using it; add it to the prunes when they have simmered fifteen minutes, and stir gently until dissolved. Rinse out a mold with cold water, fill it, and let it stand until next day. Serve with whipped cream.

PRUNE FLUFF

1½ pounds dried prunes
¾ cup whipping cream

Wash the prunes, and put in boiling water for a few minutes. Drain, and soak in sufficient cold water to cover for twenty-four to thirty-six hours or until the prunes are soft. Drain off the liquid. Remove the stones, and pass the prunes through a colander. This quantity should make three cups of pulp. Whip the cream, and fold into the prune pulp. Serve in stemmed sherbet glasses.

RICE WITH PRUNE FLUFF

½ cup rice
2¼ cups dried prunes
2 tablespoons sugar
¾ cup whipping cream
⅔ cup water
⅓ cup cream
⅔ cup milk

Wash the prunes thoroughly; three-quarters pound will make the required amount. Pour over them boiling water, and let stand for a few minutes, and then soak in cold water for twenty-four to thirty-six hours or until soft. Remove the seeds, rub the prunes through a colander. Steam the rice in two-thirds of a cup of water until the water is absorbed. Then add the cream and the hot milk, and steam until tender. Add the sugar to the prune purée. Place a

spoonful of the steamed rice on a small plate. On top of this and beside it, place a generous spoonful of the fluff.

STEAMED FIGS

Wash the figs in hot water, cut off the stem and blossom ends, place in a steamer or in a colander over hot water, cover tightly, and steam twenty to thirty minutes. Serve with or without cream. This is one of the most delicious ways of serving figs.

STUFFED FIGS

Select natural or pressed figs, remove the stems, and wash in hot water. Put in a steamer or colander over a dish of hot water, cover closely, and steam until thoroughly softened; then remove from the heat, and when cool, stuff each fig with a walnut meat by making an opening in the side of the fig and enclosing the nut. Before serving, sprinkle the figs with granulated sugar.

FIG AND APPLE TART

½ pound of figs
½ pound of apples
3 ounces of sugar
½ pint water
Paste

See that the figs are quite clean, then put them in an enameled stewpan with the sugar and water. Bring them very quickly to the boiling point, then put them where they will just simmer gently, keeping the pan covered for an hour and a half. Now turn them into a tart dish, and add the apples, which must be weighed after they are peeled and sliced. Mix them together and cover them with a paste. Bake in a hot oven. Raise the crust gently when it is sufficiently baked, and see whether the apples are tender. If not, let the tart stand on the top of the stove for a few minutes to finish them. Serve cold with plain cream or ice-cream on each slice.

FIG PUDDING NO. 1

8 ounces of figs
8 ounces of bread or rusk crumbs
6 ounces of butter
1 ounce of sugar
1 tablespoon of syrup
½ pint milk

Warm the syrup and milk together, chop the figs very fine. Mix the sugar and butter together; add to the other ingredients, and mix very carefully. Steam in a buttered basin one hour and a half.

FIG PUDDING NO. 2

4 ounces of bread crumbs
3 ounces of figs
½ lemon rind
½ pint milk
1 tablespoon sugar

Chop the figs into small pieces, and mix well with the bread crumbs, sugar and grated lemon rind. Add the milk, and mix all well together; pour into a well-buttered basin, and steam for three hours.

MULBERRY JELLY

1½ pints mulberry juice
4 ounces of tapioca
Sugar

Extract the juice from the mulberries by placing them in a jar and bruising them with a wooden spoon; then place the jar — which must be covered — in a saucepan of boiling water. Let the water boil until the juice flows freely from the mulberries; then strain them through a fine hair sieve. Do not squeeze the mulberries, but let the juice drop slowly through. Crush the tapioca so that no lumps remain; then pour the mulberry juice over it, and let it stand all night. Boil it until it is quite clear, stirring to keep it from burning, and add sugar to taste. Pour into small molds which have been standing in cold water. Serve with cream.

Windfalls do quite well for this dish, and those who possess mulberry trees will find that the fruit can be utilized to great advantage in this way.

CHERRY CAKE

¼ pound butter
¼ pound bread crumbs
2 pounds black cherries
2 ounces almonds
Cinnamon, cloves
2 ounces sugar
¼ pint of milk

Pick, and stone the cherries. Make the milk hot, and melt the butter in it. Blanch the almonds, and put them through a nut mill, and pound them well in a mortar. Now mix the almonds with the bread crumbs, sugar and a pinch each of cloves and cinnamon. Pour over the milk, and also melted butter, mix again carefully, and add the cherries. Bake in a shallow tin in a moderate oven for an hour. The cake should be about an inch and a half thick. Serve with whipped cream.

STEWED CHERRIES

1 pound of cooking cherries
¼ pint water
6 ounces of sugar

Make a syrup with the sugar and water, that is, just melt the sugar in the water, but do not allow it to boil or thicken; then pour it over the cherries, and bring them quickly to boiling point, and skim well. Now let them simmer slowly until they are tender. Then turn them into a bowl to cool.

BAKED BANANAS NO. 1

Remove the skins from the required number of bananas, and scrape off all fuzzy portions next to skin. Dip the bananas in milk; then into toasted bread crumbs. Place in an oiled pan, and bake in a moderate oven thirty to forty minutes or until perfectly tender. Baked bananas are a very wholesome dish.

BAKED BANANAS NO. 2

Loosen and remove the banana from the skin; then replace. Put in shallow pan, cover, and bake until skin is very

dark and the banana soft, about half an hour. Serve in the skin or remove and sprinkle with powdered sugar.

BANANA PUDDING

6 bananas — 3 tablespoons of strawberry jam
Whipped cream

Peel and mash the bananas; put the jam into a round glass dish, and place the bananas round it. Serve with whipped cream put round.

BANANAS STEWED

4 bananas — ½ pint water
3 ounces lump sugar

Peel, and slice the bananas, and either stew or bake them in a jar in the water and sugar until tender. The juice should be syrup.

BANANAS AND CREAM NO. 1

6 bananas — 1 ounce of butter
1 ounce sugar — ¼ pint cream
Teaspoon rum

Peel, and cut the bananas into rather thick slices, put them into a glass dish, and sprinkle over the sugar. Warm the cream and butter together, add the flavoring, let it stand in the saucepan about five minutes; then pour over the bananas, and serve with finger biscuits.

BANANAS AND CREAM NO. 2

6 bananas — 1 tablespoon sugar
½ pint cream

Peel, and slice the bananas into two-inch lengths; put into a glass dish; sprinkle over the sugar. Whip the cream, and cover the bananas. Serve with any cold milk mold. The slices may be moistened with sherry or kirsch.

BANANA DESSERT

4 bananas
1 cup whipped cream

Put the bananas through a colander. Beat the bananas to a stiff froth, and serve with whipped cream.

BANANA FRITTERS

2 bananas
Juice of ½ orange
1 dessertspoon of sugar
Batter

Cut the bananas in quarters lengthwise. Lay them in a small deep dish, and sprinkle them with the sugar; then squeeze the orange juice over them. Let them lie in the juice for three or four hours, and then drain them carefully, and dip them in frying batter, and fry them in oil.

GRAPEFRUIT COCKTAIL

Peel a grapefruit as you would an apple, taking off all the white skin. Remove the meat from each section, and cut into small pieces. Keep on ice until thoroughly chilled. Place a large spoon in a cocktail glass, and pour over it a spoon of chilled orange juice. Just before serving, sprinkle over all a heaping teaspoon of powdered sugar.

FRUIT COCKTAIL

½ pound Tokay grapes
1 cup diced pineapple
1 cup diced apples
½ cup pineapple juice
⅓ cup lemon juice

Wash the grapes, pick from the stem, and remove the seeds by cutting the grapes lengthwise into quarters. After removing the seeds, cut each quarter in half crosswise, making eight pieces of the grapes. Cut the pineapple into small cubes. The canned pineapple serves for this purpose, though fresh pineapple may be used instead. Peel the apples, and cut into small cubes, and mix immediately with the lemon juice to prevent discoloration. Add the pineapple juice and the other fruits. Let this stand on ice two or

three hours until the flavors are well blended. Just before serving, place the fruit in stemmed sherbet glasses, and pack in ice in compote dishes. On top of the fruit, pipe a rosette of whipped cream through a star-shaped pastry tube. The cream should be slightly sweetened and flavored with a little lemon or almond extract.

HYDRATED APRICOTS

1 pound dried apricots 2½ cups water

Look the apricots over carefully. Wash, and soak in two and one-half cups of water for twelve hours. When thoroughly softened, add sugar to taste and serve uncooked.

STEWED APRICOTS

½ pound apricots ½ cup sugar
Water

Wash, and sort the fruit, cover with cold water, and soak several hours, or over night. Long soaking improves all dried fruits. Put in enough water to cover, and bring to the boiling point. Drain, and cover again with cold water. Cook slowly until apricots are tender, then add the sugar. Stir lightly, and cook five minutes. Serve cold.

To make an apricot sauce, force through a strainer, and add orange juice to taste.

APRICOTS À LA CONDÉ

Prepare steamed rice, and turn into oblong pans.

Cool, and cut into two-inch squares. To a quart can of peeled apricots, add one cup of sugar, and cook five minutes. Arrange a square of steamed rice on a dessert plate with two half apricots beside it. Pour over it a spoonful of the syrup from the apricots, and on top serve a spoon of whipped cream. Chop pistachio nuts quite finely, and sprinkle on top of the whipped cream.

BAKED APPLES

6 medium-sized apples
1 lemon
1 cup water
¾ cup sugar

Wipe, core, and pare the apples. Put in baking dish with a slice of lemon on top of each. Make a syrup of the sugar and water. Pour around the apples, cover, and bake slowly until soft. Serve cold with cream or with one teaspoon jelly in the center of each apple. If desired, the apples may also be flavored with cloves by placing four cloves in the side of each apple at an even distance apart.

Sweet apples are always tough when cooked. The acid of the lemon helps to soften the cellulose of the apple. The skins of the apple break when baking because the steam of the apple must escape, therefore it forces an opening in the thinnest part of the skin. A line cut around the center of the apple will prevent its breaking. Basting apples while cooking makes the skin tender.

Steamed apples are served for baking apples in many of the best hotels and restaurants, as they retain their color and flavor much better than when baked.

MAPLE APPLE

1 cup maple syrup
1 cup water
4 medium-sized apples

Pare and core the apples. Heat the water and syrup to the boiling point. Drop the apples into the heated liquid, turning often in order to insure cooking uniformly. Remove the apples when tender. Allow the liquid to cook down to a syrupy consistency, and pour over the apples.

HONEY APPLES

6 medium-sized apples
6 tablespoons honey
6 teaspoons butter
1 cup hot water

Pare, and core the apples; place in a dripping pan, and

fill the center of each apple with one tablespoon of honey and one teaspoon of butter; add the cup of hot water; cover the pan, and set in a rather quick oven. When the boiling point is reached, reduce the heat, so that the apples will cook gently. Turn the apples occasionally; a few minutes before the baking is finished remove the cover, and let the apples brown slightly. Serve with whipped cream.

APPLE FRITTERS

Apples Batter

Peel, and core the apples, and cut them into thin slices; dip them in the batter, and fry in boiling oil. The fritters will be much improved if the slices of apples are boiled for one minute in sugar and water, and drained before dipping them in the batter.

APPLE TART

Apples Cloves
Paste Sugar

Peel, and slice some apples, and fill a tart dish of the size required. Sweeten to taste, and add a tablespoon of water, or two if the tart is large. Put in one or two cloves if the flavor is liked. Line the edges of the dish with paste one-third of an inch thick, put on a cover, and bake in a quick oven. When the crust is cooked, raise it carefully with a knife to see whether the apples are soft, and if not let the tart remain on the stove until the apples are sufficiently cooked.

NORMANDY PIPPINS STEWED

½ pound Normandy pippins 6 ounces sugar
1 quart water

Wash the pippins well, and soak them over night in one quart of water. Remove the apples from the water with a spoon, so as to let all impurities sink to the bottom of the

bowl. Now pour off the water that the pippins have been soaked in, and strain it over them, leaving the sediment. Add the sugar, and let them boil up quickly, when they must be well skimmed. Now put them where they will simmer slowly, until they are quite tender but unbroken and they have turned a rich brown. This will take between three and four hours. If Normandy pippins are cooked quickly they are quite spoiled.

APPLES WITH ROLLED OATS

6 large apples
1¼ cups sugar
1 quart water
1 cup cooked rolled oats

Cook the rolled oats. Pare the apples, and cook in a syrup of the water and sugar. Turn frequently. When the apples are done, fill the centers with cooked rolled oats. Boil down the syrup until of a rather thick consistency, and pour over the apples. Other left over cereals may be used in the same way.

NORMANDY PUDDING

6 ounces bread crumbs
6 ounces sugar
6 small sour cooking apples
1 saltspoon ground cloves
1 teaspoon ground cinnamon
1 lemon

Peel, slice and core the apples, or chop them up not too finely; put them with all the other dry ingredients in a basin, and stir well. When thoroughly mixed, add the lemon juice and the finely grated rind of a half of it; also, a little brandy or rum if liked. Pour the mixture into a well greased mold, and tie over a greased cloth or paper, and steam for about three hours. Serve with white wine sauce. The use of rum or brandy is optional. The pudding is much more tasty if one or the other is added. Serve both the sauce and the pudding very hot as the latter is not so delicious when cold.

MACARONI AND APPLE PUDDING

1 pound of apples
4 ounces pipe macaroni
2 ounces sugar
2 ounces white bread crumbs
1 tablespoon cream
Rind of ½ lemon grated
1 ounce butter

Cook the macaroni in boiling water for three-quarters of an hour or until it is tender but not broken; drain it well. Butter a pie dish or a pudding basin, and line with the macaroni. Now sprinkle it with bread crumbs. Pare and cut up the apples very fine; mix with the grated lemon peel, cream and sugar. Fill the basin with this mixture, and sprinkle a few bread crumbs on top. Cut up the butter, and put small pieces on the bread crumbs. Now add a layer of macaroni; trim it round, cover with a plate, and bake one hour. Turn out and serve with a white sauce.

RICE AND APPLE PUDDING

1 breakfast cup of rice
6 good looking apples
2 cloves
½ lemon, rind only
.2 teaspoons sugar

Boil the rice for a quarter of an hour in boiling water; strain through a hair sieve. Put a cloth into a pudding basin, lay the rice all around it like a crust; quarter some apples as for a tart, and lay them in the middle of the rice, add the sugar, lemon rind and cloves over the apples with rice, and tie the cloth fairly tight. Boil the pudding for one hour, or steam it for one and one-half hours, and serve with some sweet sauce poured over.

APPLE JELLY NO. 1

7 pounds of apples
2 ounces blanched almonds
2 ounces root ginger
1 teaspoon ground ginger
3 pints water

Boil the apples in the water for an hour and a half; then strain through a sieve. Add to each pint of liquor three-

quarters of a pound of sugar, and boil the liquor twenty minutes. Then add the sugar and ginger, and boil twenty minutes more. Put the jelly into small jars, and before it sets drop in the nuts. Lemon juice may be added instead of ginger if preferred.

APPLE JELLY NO. 2

6 pounds of apples 3 pints of water
Lump sugar

Peel, core, and cut up the apples, and bake in a stew jar with three pints of water. When a pulp, turn into a jelly bag, and hang over a pan all night for juice to run through. To every pint of juice add one pound lump sugar, and boil one hour; when properly done, it will be stiff. Put into air-tight jars.

APPLE MOLD

4 pounds of apples 1 pound lump sugar

Wipe the apples quite clean, core, and cut them up, and put in a stew jar in the oven with a little sugar sprinkled over, and stew till quite soft, and allow to cool. When cold, rub through a sieve. Rinse a preserving pan with cold water and put in the pulp, together with the sugar, and boil about half an hour, stirring all the time. It requires great care to prevent burning, and must be boiled quickly, or it will not set firmly in the mold, which must be rinsed with cold water before putting in the jelly.

APPLE PUDDING

Paste Apples Sugar

Line a pudding bowl with paste according to recipe for paste for puddings. Fill it with sliced apples, and sweeten to taste. Put on cover of paste, and steam. A pudding made in a pint basin will take two hours to steam, and one made in a quart basin will take three hours.

ALMOND APPLE

8 tart apples
1½ cups sugar
1½ cups water
½ pound almonds
1 lemon
1 tablespoon cornstarch

Core, and pare the apples. Cut the lemon in half, and rub the apples with the lemon to prevent discoloration. Make a syrup of the sugar and water. Cook the apples in the syrup. Remove from the syrup when done, and place in a pudding dish. Press obliquely into them the blanched almonds split in halves. Dredge the apples and almonds with sugar, and brown in the oven. Add one cup water and one teaspoon lemon juice to the syrup. Moisten the cornstarch with a little cold water, and add to the hot syrup. Cook five minutes. Place the apples in a serving dish, and pour the syrup around them. Serve cold with whipped cream.

BROWN BETTY

3 cups chopped apples
2 cups bread crumbs
½ cup sugar
¼ teaspoon cinnamon
¼ teaspoon nutmeg
Juice and rind ½ lemon
¼ cup water
2 tablespoons butter

Mix the sugar with the spices. Arrange one-half of the crumbs in the bottom of the pan. Place one-half the apples, one-half the sugar and one-half the lemon juice, also one-half the melted butter, over them, then one-fourth of the bread crumbs and the remainder of the apples, the sugar, the lemon and the melted butter. Over all this pour the water. If apples are very juicy, omit all or part of the water. Cover with the remaining fourth of the bread crumbs. Put in a moderate oven, cover, and bake until the apples begin to get tender; then remove the cover.

BROWN BETTY WITH CHEESE

Arrange in a deep earthenware baking dish, alternate layers of bread crumbs and thinly sliced apples. Season

with cinnamon, also a little clove if desired and brown sugar. Scatter some finely shaved mild full-cream cheese over each layer of apple. When the dish is full, scatter bread crumbs over the top, and bake thirty to forty-five minutes, placing the dish in a pan of water so that the pudding will not burn.

If preferred, this may be sweetened with molasses mixed with an equal amount of hot water, and poured over the top, a half cup of molasses being sufficient for a quart pudding dishful.

Cheese may be used in place of butter in a similar way in other apple puddings. Apple pie made with a layer of finely shaved cheese over the seasoned apple and baked in the usual way is liked by many who are fond of cheese served with apple pie.

APPLE SNOW BALLS

1½ cups rice
3½ quarts water
3½ teaspoons salt
6 to 8 apples
2 tablespoons sugar
1 teaspoon cinnamon

Cook the rice in boiling salted water, and drain and dry. Wash, core and pare the apples. Wring out small pudding cloths, or squares of cheese cloth, in hot water. Spread the rice one-third inch over the cloth, place apples in the center, with one teaspoon of sugar mixed with one-sixth teaspoon of cinnamon in the center. Draw up the cloth around the fruit until it is covered with rice. Tie in the apples being careful not to have the rice and cloth in folds, and steam until fruit is tender — one-half to three-quarters of an hour. Serve with lemon sauce or cream.

PINEAPPLE CREAM DESSERT

½ cup rice
2 slices Hawaiian pineapple
1 cup cream
2 tablespoons sugar

Boil the rice until tender but not broken. Drain, and dry for about five minutes in a moderate oven and cool.

Cut the pineapple into small pieces, and add the sugar. Stir the rice occasionally, as it is cooling, to prevent its packing. When the mixture is thoroughly cold, whip the cream until stiff. Heavy cream is preferable, but thin cream may be made to whip if thoroughly chilled. Fold the whipped cream into the mixture.

PEACH TRIFLE

2 pounds of peaches
1 gill of water
4 ounces sugar
Stale plain cake
1 gill cream

Cut the peaches in halves, removing the stones, cook them with the sugar and water until tender, but not broken. Remove the center of the cake, being careful not to break it, leaving a wall about an inch and a quarter thick all around. Soak this with the syrup, and fill the corners with the fruit. Whip the cream with a teaspoon of sugar, and put around the top of the cake, leaving the fruit piled up in the center.

PEACHES AND CREAM WITH RICE BISCUIT

Select thoroughly ripened peaches or whole halves of canned fruit. Place a half peach on a toasted rice biscuit, and serve immediately with whipped cream.

RASPBERRY JAM

1 pound of raspberries
¾ pound of crushed loaf sugar

When the fruit has been carefully picked, put it with the sugar in layers on a dish, or in a deep bowl, according to the quantity of fruit that is to be preserved. Let it remain for four hours, and then turn it into a preserving pan, and bring it to a boiling point quickly, stirring almost continuously to prevent from burning. Remove the scum as it rises or the jam will not be clear. Let it boil gently for three-quarters of an hour, after it boils evenly all over. Turn it into jars,

and when cold cover in the ordinary way, and store it in a dry place.

RASPBERRY JELLY

1 pint of raspberry juice 1 pound of loaf sugar

To draw the juice from the berries, put them in a jar, and bruise them slightly; then place the jar in a pan of boiling water and keep it boiling gently until the juice flows freely. Lay a piece of muslin in a fine sieve, and pour the juice into it until no more flows; then turn the fruit into the sieve, and leave it to let the juice drain away from it, but it must not be pressed or the juice will be muddy. Measure the juice carefully, and add the sugar in lumps, in the quantity given. Let it boil gently, and skim it carefully. When it has boiled for half an hour, pour a teaspoon on a cold plate, and if it sets the jelly is done; if not, let it boil a little longer. Put it in small pots, and cover when cold in the usual way. The flavor is much improved by one part of red currant juice being used to two parts of raspberry.

COOKED SULTANAS

Pick over, and clean any quantity of sultanas, and cover them with boiling water at night, and they are ready for breakfast next morning. May be eaten alone or with porridge or wheat flakes and cream.

GRAPE SAUCE

1 pound Concord grapes 1 cup water
½ cup sugar

Pick the grapes from the stems. Add the sugar and the water, and cook gently until tender.

QUINCE SAUCE

1 quart peeled and quartered quinces 2 quarts peeled and quartered apples
2 cups sugar Water to cover

Cook until tender.

MELON COMPOTE

2 pounds melon
4 ounces sugar
1 teaspoon ground ginger
Ginger
A bay leaf

Take off the hard outside of the melon, and remove all the center, cut into pieces about the size of a plum. Make a syrup of the sugar flavored with a little of the melon peel, bay leaf and the ginger, in about half a pint of water; let this simmer for about an hour, and pour it over the pieces of melon.

BAKED PEARS

6 medium-sized pears
½ cup brown sugar
Butter

Select firm and ripe pears, without blemish. Cut in halves lengthwise. Remove the core, and sprinkle with brown sugar, using a tablespoon for each pear. Dot each half with two or three small bits of butter. Bake until tender and nicely browned in a moderate oven. Serve with whipped cream.

BLACKBERRY JELLY

Blackberries
½ pound sugar to every pint of juice

Put as many blackberries as desired into a jar, and sprinkle a little sugar over; then put in the oven for three hours to draw out the juice. When sufficiently tender, strain through coarse muslin or cloth, squeezing out as much juice as possible. To each pint of juice allow half a pound of lump sugar, and boil in a preserving pan until it is set.

STRAWBERRY OR GOOSEBERRY FOOL

1 pound of either fruit
½ pound sugar
1 gill of water or milk
1 gill of cream

Cook the fruit in the water or milk with the sugar for twenty minutes, or until tender and well cooked; then rub

through a sieve with a wooden spoon. When the fruit is cold add the cream, mix well, and serve cold.

STRAWBERRY PUDDING

2 ounces of flour
4 ounces butter
1 ounce sugar
2 tablespoons strawberry jam
½ teaspoon carbonate soda

Beat the butter to a cream; add it to the sugar. Sprinkle the flour in gradually, stirring all the time. Stir in the jam; add the soda last. Steam in a well-buttered mold or basin for four hours.

QUEEN'S TARTLETS

Puff paste
Fresh strawberries or raspberries
Sugar
Whipped cream

Make the paste according to the recipe for puff paste. When the tartlet cases are baked and just cool, fill them with either fresh strawberries or raspberries, slightly broken up and covered with sugar. Leave room for the whipped cream, which must be put on top.

GOOSEBERRY TART

1 pound green gooseberries
6 ounces sugar
2 tablespoons water
Paste

Pick the gooseberries, and put them in a tart dish; cover them with sugar, and put in the water. Cover with paste, and bake in hot oven. When the paste is baked, it is better to place the tart on the top of the stove to simmer until the gooseberries are quite tender. If the crust is carefully lifted with a knife, a skewer may be inserted to see whether the gooseberries are sufficiently cooked, as the tart will be spoiled unless they are quite soft.

GREEN GAGES STEWED

1 pound of green gages
6 ounces sugar
¼ pint water

Put the green gages in a stewpan, and pour over them sufficient water to cover them, and let them boil up quickly, and continue boiling for a minute. Now turn them carefully in a colander, and as soon as they are cool enough to touch, remove the skins; they will come off quite easily. Make a syrup with the sugar and water, but do not let it boil after the sugar is melted. As each green gage has the skin removed drop it into the syrup. Bring them to boiling point, but do not let them boil; they must simmer very gently for an hour. If they are carefully done they will be unbroken when they are cooked. All plums are much better by having the skins removed, as most of the acid which disagrees with many people is in the skins.

DAMSON CHEESE

Damsons Sugar

Thoroughly clean as many damsons as desired, break the skins with a fork, put into jars to stew in the oven till tender, sprinkling with sugar. When quite soft allow them to cool; then rub through a sieve, and to every pound of fruit add nine ounces of sugar. Put them in the preserving pan — rinsed out with cold water first — and boil until it is set. A few of the kernels blanched and sprinkled in when boiling is an improvement.

DATE PUDDING

8 ounces of stoned dates
1 gill of milk
8 ounces bread or rusk crumbs
2 ounces butter
1 ounce sugar

Clean, and stone the dates, and cut them into four; make the milk hot; put the butter in the milk, and pour it over the bread crumbs; let it stand for five minutes; then add the dates, mix well, and steam for three and a half hours. Serve with sweet sauce.

COCOANUT DATES

1 dozen stoned dates
3 English walnuts
2 tablespoons shredded cocoanut
2 tablespoons icing

Insert one-half of a walnut meat in the date. Dip in thin icing and roll in shredded cocoanut.

DATE MARMALADE

2 cups dates
½ teaspoon grated lemon rind
½ teaspoon grated orange rind
2 teaspoons butter
½ teaspoon cinnamon

Immerse the dates in cold water. Remove the stones, and wash in hot water. Put seeded dates to cook in an equal quantity of boiling water, together with the grated lemon rind, and cook until tender and quite dry.

CURRANT PUDDING

6 slices stale bread
4 ounces raspberries
1 pound red currants
4 ounces sugar
1 gill of cream

Cook the fruit and sugar together for ten minutes; then dip the slices of bread into the juice, and line a plain pudding basin with it, each piece overlapping. Then fill the basin with the fruit, put a piece of bread on top, cut the bread round the edge to make it even with the basin; put a plate over and a heavy weight on top, and leave it until it sets, which will be in about four hours. Turn out, and put the whipped cream on top. This can be made with various kinds of fruit in season.

CASSEROLE OF ORANGES

6 oranges
¼ ounce vegetable gelatine
8 ounces sugar

Soak the gelatine in a pint of cold water; put it in a brass stewpan with the sugar, and let it boil for five minutes, taking care it does not burn. Have the oranges ready,

peeled, and separated into quarters, taking out all seeds and all white skin, add them to the liquid, and boil for ten minutes. Take out the oranges, and place them in a mold. Reduce the liquid by boiling until it is barely enough to fill the mold, and pour over. Serve cold.

ORANGE MERINGUE

4 ounces rice
2 ounces sugar
1 quart milk
Any flavoring desired

Boil the rice in the milk for four hours until all the milk is absorbed. Pour into a basin, and let it get cold, and turn out in a glass dish. Pour over a compote of oranges, and put whipped cream on top.

ORANGE PUDDING

4 oranges
2 tablespoons sifted sugar
1 tablespoon ground rice
1 pint of milk

Peel, and cut the oranges into thin slices, and remove all the pits and white skin, and sift over the sugar. Warm the milk. Make a smooth paste of the ground rice with a little water, and add to the milk; stir until thick, and then pour over the fruit. Serve either hot or cold.

ORANGE COMPOTE

6 oranges
1 pint of water
8 ounces of sugar

Peel, and cut the oranges into rounds. Save all the juice, and put it, with some shreds of peel — no white, into the water with the sugar. Boil this for one hour to make a syrup, and pour over the rounds of oranges, and cool.

ORANGE BREAD DESSERT

Cut the crusts from a three-quarter inch slice of fruit or graham bread. Spread with butter, and over each put small cubes of orange, amounting to about one-half an orange.

On top of this put a spoon of whipped cream. This simple dessert may be varied by using different fruits, such as pineapple, very ripe bananas, soaked or steamed prunes or other sauces. The addition of a spoon of whipped cream makes a dainty dessert of what would otherwise be a plain sandwich.

ORANGE FLUFF

½ cup sugar
5 tablespoons cornstarch
¼ cup orange juice
1 tablespoon lemon juice
1 pint boiling water

Mix the cornstarch and sugar. Stir into the boiling water. Stir constantly, and cook directly over the fire until it thickens. Put in a double boiler, and cook from one to two hours. Cornstarch cooked from one to two hours loses the raw taste which is objectionable to many people. Add the fruit juices. Stir until thoroughly mixed; then pour into molds wet with cold water. Serve with a sauce made as follows: —

¼ cup butter
¾ cup sugar
¼ cup orange juice
¾ cup water
1 tablespoon cornstarch
1 tablespoon lemon juice

Moisten the cornstarch with a little cold water, and stir into one-half cup of the boiling water. Then set in a double boiler, and cook for one or two hours. Cream the butter, and add the sugar gradually. Add the remaining one-quarter cup of boiling water. Turn all slowly into the cooked cornstarch, and cook until it thickens slightly. Remove from the fire, and add the orange and the lemon juice. Serve cold.

ORANGE FRITTERS

1 pint of milk
4 ounces flour
2 tablespoons sugar
2 sweet oranges
Few drops vanilla essence

Mix the flour with a little of the cold milk, put the re-

mainder of the milk into a double saucepan, and when nearly boiling, add the flour and the milk; when thickened strain well, and put back into the saucepan to obtain the right consistency; add the sugar and essence of vanilla.

Peel the oranges, divide into sections, remove the white skin, and pits, and cook in half a pint of water and four ounces of sugar for about ten minutes; then take up, and drain on a sieve. Drop the orange sections into the above batter, mixing the whole carefully. Fry the fritters in hot butter or oil, taking each orange section up with a spoon, with ample batter to well cover it, and so dropping it to the fat. Do not fry too many at a time. When of a golden color take them up, and drain well on a paper or a cloth. Dredge with icing sugar, and serve plain or with an orange flavored syrup. These are also used to garnish a rice or vermicelli mold.

MARMALADE

12 Seville oranges
6 sweet oranges
10 pounds of sugar
Rind and juice of 2 lemons

Slice the oranges very thin, removing all seeds. Put the seeds in a small basin, and pour over them a pint of boiling water, and allow them to stand until next day. Put the sliced oranges into a stone pan with six quarts of cold water, and let them stand for twenty-four hours. Put on to boil with the strained liquid from the seeds, and boil for two hours; then add the sugar, and boil another hour or until set. This makes about fifteen pounds of marmalade.

MARMALADE PUDDING NO. 1

½ pound marmalade
3 ounces bread-raspings
2 ounces butter
¼ pint milk

Heat the milk and melt the butter in it. Pour the mixture over the bread-raspings, and mix in the marmalade. But-

ter a mold, put in the mixture, and steam for three hours. Serve with sweet white sauce or a wine sauce.

MARMALADE PUDDING NO. 2

3 ounces white bread crumbs 3 tablespoons marmalade
1 ounce butter

Butter a pie dish, and put a layer of bread crumbs at the bottom, then a layer of marmalade, then another layer of bread crumbs, and so on until the dish is full, leaving bread crumbs on the top. Bake in a fairly hot oven for half an hour.

MARMALADE TARTLETS

Marmalade Paste

Make the recipe according to recipe for paste for tarts. Fill the tartlets with marmalade immediately they leave the oven.

CRANBERRY SAUCE

1 quart cranberries 1 cup sugar
1½ to 2 cups water

Pick over the cranberries very carefully, wash, and cook in boiling water. Add the sugar, and cook slowly until the berries are soft and tender. The intense acidity of the berries may be partly obviated by first parboiling them just for five minutes. Then remove from fire, force through a strainer, and cool.

OLD-FASHIONED CRANBERRY DUMPLINGS

1 quart of cranberries 2 cups flour
1½ cups water 2 tablespoons butter
2 cups sugar 1 tablespoon sugar
1 teaspoon salt ¾ cup milk
4 teaspoons baking powder

Prepare a cranberry sauce of the first three ingredients. Make up a biscuit dough of the remaining materials, shape

it into rounds, and steam them for twelve minutes. Serve with the cranberry sauce, accompanied by a hard sauce made of brown sugar and butter.

STEAMED CRANBERRY PUDDING

1 cup milk
1 teaspoon salt
About 3 cups ground entire wheat crumbs (bread)
1 cup cranberries
3 tablespoons melted butter
½ cup sugar
½ teaspoon cinnamon
¼ teaspoon cloves
A dash of pepper

Mix the milk with the salt and sugar, butter and spices, and stir in the cranberries with enough crumbs to make a drop batter. Steam for one hour. Serve hot with cranberry pudding sauce.

CRANBERRY CONSERVE

1 quart cranberries
1⅓ cups water
¼ pound seeded raisins
½ pound walnut meats
1 orange
1½ pounds sugar

Pick over, and wash the cranberries, put them in a saucepan with one-half the water, and boil until the skins break. Put through a strainer, and add the remaining water, raisins, nut meats chopped, orange finely cut, and sugar. Boil for twenty-five minutes and pour in a wet mold.

APPLE CHARLOTTE

Take one quart of flour which is sifted with two teaspoons of baking powder, one teaspoon salt, and rub a little butter in it. Mix with milk but do not make the dough stiff. Mix with this dough two quarts of sliced apples; then line a baking pan with hot butter; pour in the mixture about half an inch thick, and put flakes of butter on top. Bake in a quick oven. Turn out on a flat dish and serve with a hard or wine sauce.

APPLE ROLL

Sift one pint of flour into a bowl, make a hole in the center of the flour, and pour in gradually one cup of lukewarm water, a pinch of salt and a tablespoon of butter. Stir this slowly, making a smooth dough of it and adding a little more flour if necessary. Cover the dough, and set it in a warm place until you have pared half a peck of apples, and cut them very fine in this way: Pare, quarter, and take out the cores and seeds, and cut them very fine. Now cover the table with a clean cloth, sift flour all over it, and roll out the dough as thin as possible. Put your hands under the rolled dough, and stretch it gently so as to not tear it, walking all around the table as you do this to get it even and as thin as tissue paper. Pour a few tablespoons of melted butter over the dough; then the apples, brown sugar, cinnamon and raisins. Now take hold of the tablecloth with both hands about a yard apart, and begin to roll the dough, it will almost roll itself if the cloth is lifted high enough. Butter a large cake pan, hold it against the edge of the table, and roll the dough into it. Bake an even brown, basting often with butter.

CHERRY ROLL

Make a dough of one pint of flour, a pinch of salt and a little lukewarm water, being careful not to make it too stiff. Slap the dough back and forth on the board, holding it in the right hand, and hitting it on the board. Do this for fifteen minutes; then put the dough in a warm covered bowl, and set in a warm place for half an hour. Stem and pit two quarts of sour cherries. Grate into them some stale bread and the peel of half a lemon. Add half a pound or more of sugar, some ground cinnamon and about four ounces of pounded sweet almonds, and mix all thoroughly. Proceed now as with the apple roll in rolling out the dough, sprinkling

over the thin dough the cherry mixture. Then roll by holding up one end of the cloth. Fold the dough into a double knot, put in a buttered pan, and bake a light brown. Baste often while baking. Secure the edges of the dough so the juice will not escape, and butter the top before putting in the oven.

CHERRY ROLY-POLY

Make a biscuit dough, and roll it out until it is about quarter of an inch thick. Pit, and stew a pint of cherries and sweeten to taste.

Spread over the dough thickly, and roll it, taking care to keep the cherries from falling out. Wrap a cloth around it, and sew it up loosely with coarse thread, allowing plenty of room for the dough to expand.

Set it in a steamer, and steam for an hour and a half. Serve with sugar and cream.

STRAWBERRY SHORTCAKE

4 cups flour
1 teaspoon salt
2 ounces butter
4 teaspoons baking powder
1 quart strawberries
Milk

Hull the berries, sweeten and mash them slightly with a spoon, and stand aside. Sift the salt and baking powder with the flour and cut in the butter; add sufficient milk to make a dough, stirring with a fork. Mix quickly, and put it at once in a greased baking pan, and bake in a quick oven thirty minutes. When done, cut the crust with a knife and pull open the cake. Spread it thickly with butter, and put in the berries, reserving some for the top. Put on the crust, cover the top with the remaining berries, dust with powdered sugar, and serve with whipped cream.

FROZEN DESSERTS

"Glittering mounds of colored ice,
Sweetened with sugar, seasoned with spice,
Creams and cordials and candied fruits."

VANILLA ICE-CREAM

1 quart cream
1 tablespoon vanilla extract
½ pound of sugar

Put the cream and sugar into a double boiler, and scald them; when they are cold, add the flavoring, and freeze.

BISQUE ICE-CREAM

Roll or pound six stale macaroons, and add to the vanilla mixture, letting it stand a half hour before freezing.

PISTACHIO ICE-CREAM

Blanch two ounces of pistachio nuts by pouring over them boiling water so the skins can be removed. Pound the nuts in a mortar to a smooth paste, using a few drops of cream to prevent oiling. Add the nuts to one quart of vanilla cream mixture. Color it green, add a little orange-flower water, and freeze.

CHOCOLATE ICE-CREAM

Melt 4 ounces of chocolate in a small saucepan placed over hot water, and add to the mixture for vanilla ice-cream while it is hot. Pour in slowly and stir well. Freeze and pack until used.

PINEAPPLE CREAM

2 cups water
1 cup sugar
1 pint can grated pineapple
2 tablespoons lemon juice
2 cups whip from cream

Make a syrup of the sugar and water, add the grated pineapple and lemon juice. Freeze slightly, then add the whip from cream and continue freezing.

YOGURT ICE-CREAM

3 cups buttermilk
5 cups cream
¼ teaspoon salt
1 cup pineapple juice
1¾ cups sugar
1 cup water
½ cup very thin orange rind
1 cup orange juice
¼ cup lemon juice
1 cup grated pineapple

Make a syrup of the sugar, water and orange rind. Mix the fruit juices, grated pineapple, salt and buttermilk. Pour the syrup through a strainer into this mixture. Mix well, freeze slightly, add the cream, and finish freezing.

STRAWBERRY GELÉE

4 cups crushed strawberries or strawberry juice
2½ to 3 cups sugar
1 quart water
⅔ box vegetable gelatine
1 cup lemon juice

Crush the strawberries, and add the sugar, lemon juice and one pint of water. Soak the vegetable gelatine in warm water for twenty minutes or more. Drain. Cook in one pint of boiling water five to ten minutes or until perfectly clear. Strain and add to the crushed berries. Turn into a freezer, and stir about five minutes; then freeze.

If preferred, the vegetable gelatine may be omitted. In that case, add a quart of water to the crushed berries instead of one pint. Other fruits may be used in place of the strawberries.

LEMON GELÉE

1⅔ cups lemon juice
2¾ cups sugar
7 cups water
1 box vegetable gelatine

Prepare the vegetable gelatine according to general directions, using three cups boiling water in which to cook it. While this is cooking, put together the lemon juice, sugar

and one quart of water. Strain the vegetable gelatine through cheesecloth or a sieve, add to the mixture and freeze. The above amount will make one gallon.

ORANGE WATER ICE

1 quart water
2 cups sugar
2 cups orange juice
¼ cup lemon juice
Chipped rind of 2 oranges

Chip off the pieces of orange rind with a knife, being careful not to get any of the white portion. Prepare a syrup from the water and sugar, and let the orange rind boil in it. Strain through a cheesecloth, and add to the fruit juices. Chill and freeze.

FROZEN PEACHES

2 quarts fresh ripe peaches
2 cups sugar
Juice of 1½ lemons
1 quart water

Scald the peaches. Remove the skins and the pits, and rub the fruit through a colander. Boil the sugar and water together for five minutes, and cool. To the syrup add the peach pulp and the lemon juice. Turn into a freezer. Stir until firm.

PEACH SHERBET

1 quart peach purée
1½ cups orange juice
¼ cup lemon juice
1 cup water
1½ cups sugar

Select nice ripe peaches, pare, and put a sufficient number through a colander to make a quart. To this add the orange juice, sugar, lemon juice and water. Turn into the freezer.

MILK SHERBET

1 quart milk
2 cups sugar
½ cup lemon juice

To the milk add the sugar and stir until dissolved. Have ready the freezer packed with salt and ice. Just before

turning into the freezer, add the lemon juice; stir. If the milk curdles, it will come smooth in the freezing. Do not let this mixture stand long in the freezer after freezing. Unless certified milk is used, the milk should be scalded and then used cooled.

PINEAPPLE FRAPPÉ

2 cups water
1 cup sugar
Juice of 3 lemons
2 cups ice-water
1 can grated pineapple
1 pineapple shredded

Make a syrup by boiling the water and sugar together fifteen minutes. Add the pineapple and lemon juice. Cool, strain, add ice water, and freeze to a mush, using equal parts salt and ice. If fresh fruit is used, more sugar will be required.

GRAPE SHERBET

1 quart grape juice
¼ cup lemon juice
½ cup sugar
2 cups cream

To the grape juice add the sugar and lemon juice. Stir until the sugar is dissolved. Turn into a freezer and chill. When beginning to freeze, add the cream and continue to freeze.

CRANBERRY SHERBET

4 cups sugar
Juice of 1 lemon
3 pints water
2 quarts cranberries

After looking over the berries carefully, cover them with hot water, and cook until tender; then strain through a colander or sieve sufficiently fine to exclude the seeds. Add the sugar, and cook until dissolved, then add the lemon juice, and turn into a freezer. This sherbet should not be allowed to stand in the freezer any length of time.

CAKES

Would'st thou both eat thy cake and have it?

HERBERT.

APPLE SAUCE CAKE

1 cup sugar
½ cup butter
1 cup raisins
1 cup apple sauce
1½ teaspoons cinnamon
¼ teaspoon cloves
1 teaspoon nutmeg
2 cups flour
½ teaspoon soda
2 teaspoons baking powder

Cream the butter and sugar together. Sift the dry ingredients together, and add alternately with the apple sauce to the dry ingredients. Stir in the raisins dredged with a little of the flour saved out for this purpose. Bake in gem pans in a moderate oven about fifteen minutes.

LIGHT FRUIT CAKE

1 cup sugar
⅓ cup butter
2½ cups flour
1 cup milk
1 cup raisins
1 teaspoon cinnamon
½ teaspoon soda
4 teaspoons baking powder

Cream the butter and sugar together. Sift the flour, soda, cinnamon and cloves together, reserving a little of the flour with which to dredge the raisins. Add the milk and dry ingredients alternately to the butter and sugar. Stir in the raisins, and bake in a muffin pan or as a loaf in an oblong pan.

ALMOND CAKE

4 ounces of ground almonds
4 ounces of butter
4 ounces of Albene or oil
3 ounces of sugar
6 ounces of flour
1 ounce of citron
1 teaspoon of baking powder

Beat the butter and Albene to a cream, and add the sugar and flour, a little at a time, so that they may be well mixed; then add the almonds and thinly sliced citron and mix them well together. Put into a well-buttered cake-tin, and bake for three-quarters of an hour.

ALMOND AND HONEY CAKES

1 pound of flour
1 pound of honey
6 ounces of ground almonds
1 teaspoon of powdered cloves
1½ teaspoons carbonate of soda
3 ounces of butter

Put the honey and butter on the fire, and let it boil. Mix the flour, cloves and almonds together, and pour the boiling mixture on them. Mix the carbonate of soda in a little cold milk, and add last. Mix all well together, and let stand for five or six hours; then roll out into one inch thick rounds or squares, put a few almonds on the top, and bake till a golden brown — about fifteen minutes.

YORKSHIRE CAKE

2 ounces of flour
2 ounces of butter
2 ounces of ground rice
2 ounces of sugar
1 teaspoon baking powder
Very little milk

Mix the butter and flour well together with the rice and sugar, add the baking powder, and just sufficient milk to moisten; mix well together. Spread on two buttered plates, and bake ten minutes. When done, spread jam over one, place the other on the top, and sprinkle with sugar. A layer cake is made in this way, with about three layers of cake, and jam or jelly in between, and icing sprinkled with halved walnuts on the top.

ROXBURY CAKES

3½ cups pastry flour
½ cup sugar
¼ cup butter
½ cup molasses
Nutmeg
½ cup English walnut meats

¾ cup raisins
½ cup milk
1¾ cups flour
1 teaspoon cinnamon
½ teaspoon ground cloves
1½ teaspoons baking powder
½ teaspoon soda

Cream the butter, add the sugar gradually, then the molasses and milk. Mix, and sift the dry ingredients, and add to the first mixture. Add lastly the raisins chopped fine, and bake in gem pans. This should make about twenty small cakes. Ice with chocolate icing, putting just a little of the icing in the center of each cake, and an English walnut meat pressed down upon that.

CHEESE CAKES

1 quart of milk
Rennet
1 ounce of sugar
A speck of nutmeg
1½ ounces of butter
1 ounce of dried currants or small raisins

Warm the milk, and add the rennet, using the amount prescribed on the package. Let the milk stand until the curd forms; then break up the curd, and strain off the whey. Add the other ingredients to the curd; line patty tins with pastry; fill them with the mixture, and bake.

CHEESE GINGERBREAD NO. 1

1 cup of molasses
4 ounces of cheese
1 teaspoon of soda
2 cups of flour
2 teaspoons of ginger
½ teaspoon of salt
½ cup of water

Heat the molasses and cheese in a double boiler until the cheese is melted. Add the soda, and stir vigorously. Mix, and sift dry ingredients, and add them to the molasses and cheese alternately with the water. Bake fifteen minutes in small buttered tins. It may be baked in a large pan but must be broken when cooked, not cut.

CHEESE GINGERBREAD NO. 2

½ cup of molasses
½ cup of sugar
4 ounces of cheese
2 cups of flour
1 teaspoon of soda
2 teaspoons ginger
½ teaspoon of salt
¾ cup of water

Rub the cheese and sugar together. Add the molasses. Mix, and sift the dry ingredients, and add them to the cheese mixture alternately with the water.

ALMOND BISCUITS

2 ounces of almonds
2 ounces flour
½ ounce sugar
1 tablespoon of milk

Blanch the almonds, and put them through a nut mill twice; mix well with the sugar and flour. Add the milk, and mix all thoroughly together. Roll out fairly thin, cut into small rounds and bake in a quick oven for ten to fifteen minutes.

FROSTINGS

One sip of this
Will bathe the drooping spirits in delight,
Beyond the bliss of dreams.

MILTON.

WATER FROSTING

1 cup powdered sugar
1 tablespoon lemon or orange juice
1 tablespoon boiling water or milk

Stir the boiling water into the sugar, and add the lemon juice. If too stiff, add a little more boiling water. Melted chocolate and vanilla may be used instead of the lemon or orange.

BOILED FROSTING

2 cups sugar
1 cup water
2 teaspoons flavoring

Heat sugar and water to boiling, stirring occasionally until the sugar dissolves. Then boil without stirring until the syrup threads when dropped from the end of a spoon or fork or until it forms a soft ball when dropped into cold water. Flavor, and pour the frosting over the cake, using a silver knife to guide it over the sides of the cake. If the frosting becomes granular, add a few drops of boiling water.

ROYAL FROSTING

1 cup sugar
¼ teaspoon cream tartar
1 teaspoon lemon juice
⅓ cup cold water

Boil the sugar, cream of tartar and cold water without stirring until it threads from spoon. Add the lemon juice. Beat until thick, and spread quickly.

FRUIT FILLING

½ cup water
2 tablespoons flour
Juice 1 lemon
½ cup sugar
½ cup seeded raisins
1 dozen English walnuts

Braid the flour with a little of the cold water. Heat the remainder, and when boiling, thicken with the flour. Then add the lemon juice, and chopped nuts and seeded raisins. When cold, spread between layers of cake.

ORANGE FILLING

½ cup sugar
2½ tablespoons flour
Grated rind of ½ orange
¼ cup cream
½ tablespoon lemon juice
1 tablespoon butter

Mix ingredients in order given. Cook ten minutes in a double boiler, stirring constantly. Cool before spreading.

CHOCOLATE FILLING

4 ounces chocolate
2 cups sugar
1 cup water

To the cold water, add the sugar and boil until it threads slightly. Melt the chocolate and pour the syrup into it slowly, stirring constantly.

EGGS

You cannot make omelettes without breaking eggs.
SPANISH PROVERB.

SOFT BOILED EGGS NO. 1

With a spoon put the eggs in a saucepan of boiling water to cover. Remove to back of stove, or where the water will keep very hot, but not boil. Let the eggs remain in the water for five minutes always covered. Break into warm egg cups and season with salt, pepper, butter and a few drops of vinegar.

SOFT BOILED EGGS NO. 2

Or put the eggs in a saucepan of cold water to cover and remove as soon as the water boils.

HARD BOILED EGGS

Follow the directions for soft boiled eggs No. 1, letting the eggs remain in water forty-five minutes. Chop fine, and add one-half teaspoon of butter and a few grains of salt and paprika to each egg.

STEAMED EGGS

Butter an individual baking dish generously and put in the egg. Season, place in a steamer over boiling water, and cook until the white is firm. Put a small piece of butter on the top and serve very hot.

BAKED EGGS

Spread a baking dish with butter, bread crumbs and chopped parsley and break the eggs into it, being careful

to keep the yolks whole. Sprinkle with salt and pepper, pour over a little cream and dot with butter. Bake in the oven until the whites are set.

BAKED EGGS WITH CHEESE

Break the eggs into a baking dish. Pour gently over them two tablespoons of melted butter, half a cup of grated cheese, and sprinkle with salt and paprika.

Put in the oven and bake until the egg is set, and serve at once.

GOLDEN-ROD EGGS

2 tablespoons butter
1 tablespoon flour
Chopped parsley
Salt, pepper
1½ cups of milk
4 hard boiled eggs

Make a sauce of the butter, flour, parsley, milk and seasoning. Chop the eggs and add them to the sauce. When well blended pour over buttered toast and serve hot.

STUFFED EGGS

4 hard boiled eggs
1 tablespoon butter
1 tablespoon olive oil
1 teaspoon mustard
Paprika
Salt
Chopped parsley

Remove the shell, and cut the eggs in halves lengthwise. Carefully remove the yolks and rub them to a smooth paste with the butter, oil, mustard, parsley and seasoning. Fill the whites and serve with a white sauce, flavored with capers.

SPANISH EGGS

6 eggs
2 tablespoons condensed tomato or ⅓ cup stewed tomato
1 teaspoon celery salt
1 tablespoon lemon juice
1 small onion
2 dozen ripe olives
1 teaspoon salt

Beat the eggs slightly; put the tomato through a colander, and add to the beaten eggs; add the lemon juice, salt, celery

salt, and the grated onion. Cut the olives from the stones, and add to the mixture. Turn into a double boiler, and cook until thickened, stirring constantly. This may be served on toast if desired.

ESCALLOPED EGGS

6 hard cooked eggs
⅓ cup ripe olives
2 cups bread crumbs
1½ cups milk
2 tablespoons butter
2 tablespoons flour
1 teaspoon salt

Cook the eggs by putting them on in cold water. When the boiling point is reached, cover, and let simmer for about twenty minutes. Make a white sauce by rubbing together the flour and butter and one-half teaspoon salt. Add a little of the warm milk slowly; then add the remainder. Cook the sauce in a double boiler fifteen to twenty minutes. Cut sufficient ripe olives from the stones to make one-third cup.

Butter a baking dish, place in the bottom one-fourth of the bread crumbs; then over the crumbs slice thinly three of the hard cooked eggs. Add half of the chopped olives and half of the white sauce. Then spread another fourth of the bread crumbs, adding the remainder of the egg, the olives and the white sauce. Finish by spreading the remaining half of the buttered crumbs on top. Bake twenty minutes in a moderate oven or until nicely browned.

. . . . . .

Any of the White of Egg Recipes may be used by substituting the whole egg for the white.

WHITES OF EGGS

Like dew on the mountain,
Like foam on the river.

SCOTT.

GENOESE WHITES OF EGGS

Take four whites of eggs, hard boiled and chopped fine. Mix thoroughly with two tablespoons of boiled white rice, each grain dry and separate. Put into a saucepan with a bit of butter, and some finely chopped parsley, salt and pepper. Mix thoroughly, and when quite hot, serve on buttered toast.

WHITES OF EGGS EN BÂTÉ

Take some poached whites, not too hard, which have been poached in a poacher, and dredge with black pepper. Dip the white first in cream or lightly butter it. Then wrap it up in very thin light puff paste, and bake.

EGG PATTIES

Make the pastry first, and line some patty tins. Mix a spoonful of butter, one of chopped spring onions, one of fried bread crumbs, some chopped parsley, salt and pepper. Put a layer of this mixture in the bottom of each patty tin; then break white of egg into each. Put a little chili vinegar and parsley on top of each white, and cook gently in the oven. A slow oven is the best.

SAVORY OMELET

4 whites of eggs
1 ounce of butter
Pepper
1 teaspoon chopped parsley
1 small onion
Salt

Beat the whites to rather a stiff froth, add the parsley and onion chopped very fine, and the pepper and salt. Melt butter in the frying pan, pour in the mixture, and stir till just set. Cook until a golden brown.

CHEESE OMELET NO. 1

4 whites of eggs
Pinch of cayenne and salt
1½ ounces grated cheese

Whip the whites slightly, add the cayenne and salt, and stir in the cheese lightly. Melt one ounce of butter in the pan and stir in the omelet until set.

CHEESE OMELET NO. 2

Cheese may be introduced into omelets in several ways. An ordinary omelet may be served with thin cheese sauce made in the following proportions:

1½ tablespoons flour
¼ cup grated cheese
1 cup milk

This sauce may also be added to omelets in which boiled rice, or some other nutritious material has been included.

CHEESE OMELET NO. 3

Grated cheese may be sprinkled over an ordinary omelet before it is served.

OMELET WITH TOMATOES

Four whites beaten to a froth, with a pinch of salt and pepper, put in a pan with one ounce of butter, and stir till set. Have some sliced tomatoes cooked in butter. When the omelet is cooked, lay on the tomatoes gently or it will go down; fold over and serve.

OMELET WITH VEGETABLES

Beat four whites, then have a small quantity of very finely chopped, well-cooked vegetables, such as carrots, turnips,

onions, celery, etc.— a small quantity of each. Add them to the whites with pepper and salt. Melt one ounce of butter in the frying pan, pour in the omelet, and stir till set, and cook a golden brown.

SWEET OMELET

Beat four whites to a stiff froth, with a dessertspoon of sugar, and pour into a pan, with one ounce of butter melted, and cook till set; then spread a tablespoon of jam, and fold over, and serve.

WHITES OF EGGS À L'ITALIENNE

Boil one-quarter of pound of spaghetti in water, adding some tomato purée or conserve, and spread it on a dish. Poach four whites of eggs, and lay them on the spaghetti, and sprinkle finely chopped parsley over the whites, and decorate with frill croûtons.

BUCK RAREBIT

4 ounces cheese
4 whites of eggs
Cayenne and salt
4 rounds of hot buttered toast

Cut up the cheese, melt with the seasoning, poach whites of eggs, and pour the cheese on the toast; place the poached whites on the top of the cheese, and serve immediately.

CREAMED CHEESE AND EGGS

3 whites of hard-boiled eggs
1 tablespoon flour
1 cup milk
Speck of cayenne
¼ cup or 1 ounce grated cheese
4 slices toast
½ teaspoon salt

Make a thin, white sauce with the flour, milk and seasonings. Add the cheese, and stir until melted. Chop the whites, and add them to the sauce. Pour the sauce over the toast.

BAKED EGGS WITH CHEESE

4 whites of eggs
1 cup or four ounces grated cheese
¼ teaspoon salt
A few grains cayenne
1 cup fine, stale bread crumbs

Break whites of eggs into buttered baking dish, or into ramequins, and cook them in a hot oven until they begin to turn white around the edge. Cover with the mixture of crumbs, cheese, and seasonings. Brown in a very hot oven. In preparing this dish, it is essential that the oven be very hot or the egg will be too much cooked by the time the cheese is brown. To avoid this, cover the eggs with white sauce before adding the crumbs.

The food value of this dish is very close to that of a pound of beef of average composition.

For those who are particularly fond of cheese the amount of cheese in this recipe may be very much increased, thus making a much more nourishing dish. Or the amount may be reduced so as to give hardly more than a suggestion of the flavor of cheese.

SCRAMBLED EGGS WITH CHEESE

½ pound of cheese grated or cut into small pieces
8 whites of eggs
1 tablespoon of chopped parsley
A pinch of nutmeg
½ teaspoon salt

Beat the whites slightly, mix them with the other ingredients; cook over a very slow fire, stirring constantly, so that the cheese may be melted by the time the eggs are cooked. In food value the dish is equal to nearly two pounds of average beef.

SWISS EGGS

4 whites of eggs
½ cup of cream
Salt and pepper
¼ cup grated cheese
1 tablespoon butter

Heat the butter and cream together, break in whites of

eggs, and sprinkle with salt and pepper. When nearly done, add the cheese. Serve on buttered toast. Strain the cream over the toast.

CHEESE SCALLOPS

2 ounces of cheese
4 whites of eggs
1 dessertspoon milk or cream
4 rounds hot buttered toast
Cayenne and salt

Line four patty tins with thinly sliced cheese, break a white in the center of each, and season with cayenne and salt; add the cream or milk, cover with grated cheese, and bake from ten to fifteen minutes. Serve very hot on the buttered toast.

CHEESE FONDUE

2 ounces of butter
3 ounces of cheese
4 whites of eggs
Salt and pepper

Whip the eggs slightly, stir in the butter in small pieces, and add the cheese and seasoning; pour into a greased dish, bake in a quick oven to set, and serve immediately.

WHITES OF EGGS IN RAMEQUIN CASES

Whites of eggs Butter Parsley

Butter well some china ramequin cases, and sprinkle as much finely chopped parsley in them as will stick to the butter. Pour a white of an egg in each case, and poach them until set. Can be served either hot or cold.

BAKED POTATOES AND WHITES OF EGGS

Bake two large potatoes. When cooked take out some of the potato, and drop two whites of eggs in each, with a piece of butter, pepper and salt; then put back in the oven till set. If the potatoes are small, put one white in each potato. After the potatoes have been cut in half and hollowed out, sprinkle with salt and paprika.

TOMATO EGGS

Hard-boil four eggs, cut in halves, and remove yolks. Fill with the following mixture: —

Take sufficient grated cheese, raw tomato, butter and bread crumbs to make a rather stiff paste, with pepper and salt to taste. Serve cold.

WHITES OF EGGS IN SOUBISE SAUCE

Poach or hard-boil some whites of eggs, and pour over them this sauce, previously made: —

Work together one ounce of butter and two ounces of flour with a wooden spoon; put into a saucepan with one-half chopped onion, one-half carrot, a bit of celery, a sprig of parsley, one-half bay leaf, a sprig of thyme, pepper, salt and just a suspicion of nutmeg; moisten with one-half pint of milk. Stir over the fire, let boil, and strain in a basin; when wanted, stir in cream in proportion of one-half the whole quantity, and place the cooked whites in a dish, and pour this sauce over them.

FRIED WHITES OF EGGS

Take four whites of eggs, fry in butter, and serve.

POACHED WHITES OF EGGS PLAIN

Take four whites of eggs, and poach them in a poacher, and either serve on hot buttered toast with pepper and salt or on spinach.

WHITES OF EGGS AND VEGETABLES

Cut some small carrots, turnips, onions or any other vegetables, such as Jerusalem artichokes, celery, leeks, etc., and cook them till very tender. Poach four whites of eggs, and have ready a cheese sauce. Put the vegetables in a hot dish, and lay on whites of egg, and cover with the cheese sauce, with sprinkled parsley on top.

SCALLOPS OF WHITES OF EGGS

Take as many scallops as required, and put in each a little butter and a tablespoon of cream; then drop in the white of an egg, pepper and salt, and sprinkle a few bread crumbs and chopped parsley on the top. Put into the oven for five minutes.

Another way is to put the white in the scallop shell as before, and cover with grated cheese and pepper, and cook five minutes.

ROMAN GNOCCHI

¼ cup butter
¼ cup of flour
¼ cup cornstarch
4 whites of eggs
¾ cup grated cheese
2 cups milk
Salt

Melt the butter, cook the cornstarch thoroughly, and then the flour in the butter; add the milk gradually; cook three minutes, stirring constantly; add the whites and one-half cup of the cheese. Pour into a buttered shallow pan, and cool. Cut into squares; place them on a platter a little distance apart; sprinkle with remaining cheese, and brown in the oven.

CHEESE SOUFFLÉ

2 tablespoons of butter
3 tablespoons flour
½ cup milk — scalded
A speck of cayenne
¼ cup grated cheese
3 whites of eggs
½ teaspoon salt

Melt the butter; add the flour, and when well mixed, add gradually the scalded milk. Then add salt, cayenne and cheese. Remove from the fire. Cool the mixture, and fold into it the whites of the eggs, beaten until stiff. Pour into a buttered baking dish, and cook twenty minutes in a slow oven. Serve at once. Soufflés must go directly to the table as they fall quickly when removed from the heat.

CHEESE SOUFFLÉ WITH PASTRY

2 whites of eggs
⅔ cup thin cream
1 cup grated cheese
½ cup Swiss cheese cut into small pieces
Salt, cayenne pepper and nutmeg

Add the eggs to the cream, and beat slightly, then add the cheese and seasoning. Bake fifteen minutes in a hot oven in patty tins lined with puff paste.

CHEESE AND WHITES OF EGGS

2 ounces of cheese
½ gill milk
1 ounce of butter
4 whites of eggs
4 fingers buttered toast
Salt

Melt the butter and cheese in a saucepan; do not let it cook. Add the whites of egg, seasoning and milk. Stir until it thickens, pour on hot toast, and serve at once.

WHITES OF EGGS AND TOMATOES

Take fair-sized tomatoes, cut off the tops, and scoop out some of the pulp, which carefully put on one side. Put a little pepper and salt, and a bit of butter in the cavity, and then drop in a white of egg. Put in a greased dish, and bake for ten minutes. The scooped out pulp should be served as sauce around the tomatoes, after being seasoned and heated with some butter. Can either be served on rounds of toast or in the pie dish.

WHITES OF EGGS AND CHEESE SOUFFLÉ

One gill of white sauce, one ounce of grated cheese and two whites of egg whipped to a stiff froth; have ready the cheese sauce, mix it with the whites, and put in small ramequin cases, and bake in a quick oven twenty minutes. Must be served immediately.

WHITES OF EGGS FRIED IN BATTER

Poach lightly four whites in a poacher, dip into batter, made with whites of eggs, and fry in butter.

CURRIED WHITES OF EGGS

Poach or hard-boil, not too hard, four whites, dish, and serve over them a curry sauce, and garnish the dish round with well cooked rice.

Or, take four whites of eggs, mix with a little curry powder, put in a pan with one ounce of butter, pepper and salt; stir until sufficiently cooked, and serve on hot buttered toast.

SCRAMBLED WHITES OF EGGS

Put four whites of egg with one ounce of butter into a pan with some pepper and salt, stir till sufficiently cooked, and serve on buttered toast. This can be varied by adding a little chutney, pickled walnuts, or a tomato skinned, with cayenne pepper or mustard stirred into it while it is cooking. Also, a little milk added to the butter when cooking makes a slightly different dish.

WHITES OF EGGS SUR LE PLAT

4 whites of egg
A little butter
2 tablespoons milk
Salt

Butter a pie dish or china soufflé dish, put in the milk, pepper and salt, and drop the whites of egg into the dish, and bake in the oven in a tin of water till the whites are just set.

WHITES OF EGGS IN CHEESE SAUCE

Whip lightly four whites of egg, have ready some cheese sauce, and mix it with the whites of egg, and bake in a moderate oven for seven to ten minutes. It can be put into scallop shells or a small soufflé dish. Serve at once.

WHITES OF EGGS À LA TOMATO

Stew two or three tomatoes with a little water, salt, parsley and chopped onion. Drain off the water, pass the rest through a sieve, and put into an earthen dish with some oil

and pepper, and let it fry for a few minutes. Then break four whites into it, and let them cook until they are set.

WHITES OF EGGS AND CHEESE FRITTERS

Four whites of egg with as much grated cheese as will make a stiff paste; season with mustard, pepper and salt, and fry in butter a light brown.

Many other ways of doing whites of egg can be obtained by following ordinary egg recipes, substituting two whites for the whole egg.

SNOWFLAKE TOAST

1 pint milk
½ cup cream
1 teaspoon salt
4 tablespoons flour
2 egg whites
Toasted bread

Heat the milk to scalding in a double boiler, and moisten the flour with the cream a little at a time. Rub until smooth; then stir into the hot milk. Cook about twenty minutes. Add the salt, and pour over the stiffly beaten egg whites, beating meanwhile. Moisten the toasted bread in a little hot milk or cream, and pour over the toast the above sauce.

RICE AND NUT RISSOLES

2 ounces rice
3 ounces ground almonds
2 ounces pine kernels
¾ pint milk
White of one egg
Little pepper and salt

Put the rice and milk into a double saucepan; cook them for two hours, or until the milk is absorbed; then add the almonds, pine kernels and pepper; stir it round a few times until well mixed; then add the well-beaten white of egg. Mix again, and form into rissoles; roll in fine bread crumbs, and fry in boiling oil. The rissoles may be formed by hand or cut out into half circles with a biscuit cutter. Drain on paper before serving.

NUT PUDDING NO. 1

6 ounces of Pignolias
6 ounces of almonds
6 ounces of walnuts
Whites of 4 eggs
4 ounces of rusk crumbs
Flavor with a little lemon

Prepare the nuts, and put them two or three times through a good nut mill; then pound in a mortar; add the rusk crumbs. Beat the whites of the eggs to a stiff froth, add the flavoring, and mix all well together. Put into a well greased basin, and steam for about seven hours. It may be cooked without rusk crumbs if desired, and is nice either cold or hot.

NUT PUDDING NO. 2

4 ounces Pignolias
4 ounces almonds
4 ounces rusk crumbs
4 ounces sultanas
Whites of 4 eggs

Prepare the nuts, and grind in a nut mill; then pound with a pestle and mortar thoroughly. Put the rusk crumbs through the nut mill and then through the sieve; pick over, and soak the sultanas in cold water over night, strain, and add them to the nuts and crumbs. Beat whites of eggs to stiff froth, and mix in last. Put into a basin, and steam for six or seven hours.

NUT PUDDING NO. 3

4 ounces pine kernels
4 ounces almonds
4 ounces Brazil nuts
4 ounces walnuts
Whites of 5 eggs

Grind the nuts, and pound them in a mortar. Add the whites of eggs beaten stiff, and steam in a well greased basin for about five hours.

WALNUT BALLS

4 ounces walnuts
4 ounces bread crumbs
Whites of 3 eggs
½ pint sauce
2 teaspoons mixed herbs

Proceed in exactly the same way as for Walnut Cutlets, forming into balls instead of flat.

WALNUT CUTLETS

4 ounces bread crumbs
1 ounce shelled walnuts
1 teaspoon butter
1 teaspoon grated onion
½ teaspoon flour
1 teacup of milk
White of 1 egg
1 lemon

Run the bread crumbs and skinned walnuts through a nut mill. Then mix them in a basin with the butter and the grated onion. Melt a large teaspoon of butter in a saucepan with half a teaspoon of flour, and add the milk gradually. When this boils, add the other ingredients, pepper and salt to taste, and white of egg. When removed from the fire, add a teaspoon of lemon juice. Stir well, and turn out into a dish to cool, then shape into cutlets; dip in white of egg and bread crumbs, and fry in boiling oil. Serve with bread or tomato sauce.

CHEESE CUSTARD

1 cup grated cheese
½ cup cream or rich milk
4 whites of eggs
A speck of salt and paprika

Mix the cream and the cheese, and heat until the cheese is melted. Remove from the fire, and add the eggs. Bake in paper cases or buttered ramequins. Serve with jelly or preserves.

ALMOND AND RICE CAKES

2 ounces ground almonds
2 ounces butter
2 ounces sugar
4 ounces ground rice
2 whites of egg

Beat the butter to a cream; add the sugar and almonds; then sprinkle in the rice, beating it all the time. Whip the whites of eggs to a stiff froth, and mix all together. Drop about a teaspoonful on a well greased baking tin, either flat

or shallow, and bake in a quick oven for five or ten minutes.

DEVON CAKE

¼ cup soft butter
¾ cup sugar
½ cup milk
1 teaspoon vanilla
1½ cups flour
3 teaspoons baking powder

Mix and sift the flour, sugar and baking powder together. Put the egg whites, butter, vanilla and milk together, and beat with a Dover egg beater until light. After this, stir in the dry ingredients. Turn into a loaf tin, or bake in layers.

APRICOT SHORTCAKE

1 quart canned apricots
⅓ cup butter
2 egg whites
½ cup milk
1 teaspoon salt
2 cups flour
4 teaspoons baking powder
½ cup sugar

Sift the flour, salt and baking powder together. Beat the egg whites. Add the milk. Turn this mixture into the dry ingredients. Mix all together thoroughly. Add the melted butter, and bake in an oblong pan. When done, remove from the oven, split, and spread on the freshly cut surface one-half of the apricots from which the juice has been drained. On top of this place the other half with the freshly cut surface on top. On this arrange the remaining half of the apricots. If a richer cake is desired, the freshly cut surface may be spread with softened butter before adding the apricots. Serve with this a sauce made by adding the sugar to the juice drained from the apricots. Boil from five to ten minutes, and serve over each individual portion of the short-cake. A spoonful of whipped cream served on each portion is a pleasant addition.

Shortcake should not be put together until just before it is to be served as the juices from the fruit will make the cake soggy.

COOKIES

⅝ cup butter
1¼ cups sugar
2 egg whites
3 cups flour
¼ teaspoon nutmeg
4 teaspoons of baking powder
½ cup milk

Cream the butter. Add the sugar gradually, and the beaten egg whites. Sift flour, baking powder and nutmeg together, and add alternately with the milk to the first mixture. Roll to one-third inch in thickness. Sprinkle with granulated sugar. Cut into shape with a cookie cutter. Place on buttered or floured tins, and bake in a hot oven until nicely browned. If desired, a raisin or walnut meat may be placed in each cookie before baking.

MOCK ANGEL FOOD CAKE

1 cup flour
1 cup sugar
1 cup milk
Pinch of salt
1 teaspoon flavoring
3 teaspoons baking powder
Whites of 2 eggs

Sift the flour, sugar, salt and baking powder together four times. Heat the milk to scalding, and beat the egg whites stiff. Pour the scalding milk into the dry ingredients, stirring constantly, and fold in the stiffly beaten egg whites. Add the flavoring, and turn into an angel food cake pan. Bake in a moderate oven about thirty minutes.

ALMOND PASTRY

4 ounces sweet almonds
2 bitter almonds
4 ounces flour
Whites of 3 eggs
¼ teaspoon baking powder
4 ounces sugar

Blanch the almonds, and put them through a nut mill; then pound them well in a mortar, a little at a time, adding occasionally one drop of water to keep them from oiling. When they are well pounded, return the whole to the mortar, and add gradually the flour, which must be sifted, and the

sugar. Stir in the whites of eggs, beaten to a stiff froth. Drop one tablespoon for each cake on a cake tin, and bake immediately in a moderate oven for about ten minutes.

They should be kept in a closed tin in a dry place.

ALMOND CONES

4 ounces ground almonds
1 ounce sugar
½ teaspoon powdered cinnamon
Whites of 3 eggs

Mix the almonds, sugar and cinnamon well together; whip the whites of eggs to a stiff froth, and add to the mixture. Line a flat baking sheet with buttered paper. Put little rough heaps of the mixture on the sheet, a good distance apart. Bake very carefully in a slow oven for fifteen minutes. Watch carefully or they will burn.

WHITE LAYER CAKE

3 egg whites
1 cup sugar
½ cup butter
2 cups flour
1 teaspoon lemon or vanilla extract
½ cup milk

Cream the sugar and butter together. Beat one egg slightly, and add to the creamed butter and sugar. Sift the baking powder with the flour. Add the milk and the flour alternately to the first mixture. Add the flavoring. Beat the remaining egg whites until stiff, and fold into the batter. Bake in layers in a moderately hot oven. Use any desired cake filling between the layers.

GERMAN ALMOND CAKE

½ pound of almonds
½ pound sugar
Whites of 10 eggs
1 teacup of milk
2 ounces butter
Grated rind of 1 lemon
4 ounces of flour

Blanch the almonds, and put them through the nut mill; then pound them well in a mortar, a little at a time, adding

a drop of water occasionally to prevent oiling. Make the milk hot enough to melt the butter. Mix the sugar, flour and lemon rind very carefully, and then add the milk, a little at a time, and mix until perfectly smooth. Now add the almond paste to the flour, etc., and mix all well together. Then beat the whites of eggs to a stiff froth, and mix them in also. When all ingredients have been carefully mixed, spread the mixture about an inch thick on a well buttered and floured baking tin. Bake in a moderate oven from twenty minutes to half an hour.

COCOANUT BISCUITS

½ pound desiccated cocoanut
2 ounces sugar
3 ounces ground rice
Whites of 3 eggs

Mix well together the cocoanut, sugar and ground rice. Whip the whites of eggs to a stiff froth, and add to the other ingredients, a little at a time, until it is well mixed. Then put about a tablespoon on a well greased baking tin, in very rough shaped heaps. Bake in a quick oven for five minutes, then let the oven cool, and cook slowly for half an hour. They should be a golden brown.

COCOANUT CAKES

8 ounces flour
3 ounces butter
1½ ounces sugar
4 ounces cocoanut desiccated
2 teaspoons baking powder
Whites of 3 eggs

Mix the flour and butter together; then add the sugar, cocoanut and baking powder. Whisk the eggs to a stiff froth, and mix with the other ingredients thoroughly for a few minutes, then drop about a tablespoonful in little heaps on the oven shelf or baking sheet, and bake in a moderate oven for fifteen minutes. One-half a teaspoon of vanilla gives these cakes a delicate flavor and should be added at the same time as the egg to the other ingredients.

ANGEL FOOD CAKE

Whites of 12 eggs
1½ teaspoons cream tartar
1 teaspoon vanilla
½ teaspoon lemon extract
1½ cups sugar measured after sifting
1 cup and 1 tablespoon white flour measured after sifting

Measure out all ingredients before commencing to put the cake together. Sift flour and cream of tartar together five times. Sift sugar five times. Beat egg whites till very foamy, but not stiff; add flavoring, sift in sugar slowly, beating all the time. Use care to avoid making the mixture stiff. Sift in the flour slowly, mixing with a light folding motion.

Bake in an unbuttered pan fifty-five to sixty minutes. Place a pan of boiling water under the cake during the first forty-five minutes. The oven should not be opened for the first twenty minutes. When the cake is done, place upside down on a cake cooler, and leave in pan till cold.

BETHLEHEM STARS

To make the stars, bake a white sponge cake in a square or oblong tin with an opening in the center. This cake should be made a day or two before it is wanted for serving. Then cut in slices about three-fourths of an inch in thickness. With a star-shaped cutter about two and one-half inches in diameter, cut the stars.

If a cutter is not available, the stars may be cut with a sharp cake knife.

ALMOND WAFERS

¼ cup butter
½ cup pulverized sugar
2 whites of egg
1 tablespoon milk
1¼ cups flour
½ teaspoon vanilla extract
⅛ teaspoon almond extract
Blanched almonds

Cream the butter, and gradually mix in the sugar. Reserve one-half of the egg white with which to glaze the cakes. Beat the remaining egg white, and add to the creamed butter

and sugar. Then add the flavoring, the milk and the flour. Roll the dough, a little at a time, into thin sheets, and cut into fancy shapes. Then bake in buttered tins. Arrange six or eight halves of blanched almonds, cut lengthwise, about the center of each cake in such a way as to represent the petals of a flower. Brush with the white of an egg. Sprinkle with granulated sugar, and bake in a moderate oven till of a delicate brown color.

CHICKEN

And we meet, with champagne and a chicken, at last.
LADY MONTAGUE.

DRESSING FOR STUFFING CHICKENS

1½ cups stale bread crumbs	Chopped onions
⅓ cup butter	Herbs
Salt	Pepper

Mix the ingredients, season to taste and moisten. Fill both openings of bird, each about half full and either truss or use skewers to hold the chicken in shape. Boiled chestnuts can be added to the dressing, in which case omit all seasoning but the salt and pepper. Celery and parsley also improve the flavor.

ROAST CHICKEN

Clean, stuff, and truss the chicken and put it on its back in the pan. Dredge with flour, salt and pepper and dot it with bits of butter. Put a little water in the pan and bake in a hot oven, allowing twenty minutes to the pound. Baste frequently, using two tablespoons of butter melted in a cup of boiling water. The heat of the oven should be reduced when the chicken begins to brown. Continue basting every ten minutes, using the drippings in the pan. Turn the bird often while cooking that it may brown evenly. When cooked, remove to a hot platter, and make the gravy.

GRAVY FOR ROAST POULTRY

When the chicken has been taken from the pan, add to the drippings two tablespoons of flour; let it brown, stirring

constantly, then add slowly the water in which the liver was boiled.

Cook five minutes, stirring constantly, and add hot water if the gravy is too thick, with salt and pepper to taste and the finely chopped liver which has been parboiled in salted water.

BROILED CHICKEN

Split down the back, season well with salt and pepper, and rub all over with softened butter, especially breast and legs. Place on a well-greased broiler, and broil over a slow fire about twenty minutes, turning often. The flesh side must be turned to the fire for the longer time as the skin side would burn before the chicken is cooked through. Put on a hot dish and spread with maître d'hôtel butter, and garnish with parsley.

CREAMED CHICKEN

1 cup cold cooked chicken
1 tablespoon chopped parsley
Salt, paprika
1 tablespoon butter
1 tablespoon flour
1 cup rich milk

Melt the butter in a saucepan, add the flour, and pour the milk in slowly, stirring constantly. Cook until the raw taste of the flour is gone. Add the parsley and seasoning and the diced chicken and cook five minutes. Serve on toast.

SCALLOPED CHICKEN

Put creamed chicken into a baking dish; cover with grated cheese, bread crumbs and small pieces of butter, and brown in the oven.

JELLIED CHICKEN

3 ounces vegetable gelatine
2 cups of chicken broth
1 cup chopped chicken
Salt, onion juice

Soak the gelatine in a cup of hot water 20 minutes, and add the boiling hot broth, stirring until dissolved. Season well. Pour in a mold wet with cold water, enough gelatine

to cover the bottom, and put aside until firm. Mix the chopped chicken with the rest of the gelatine and put in the mold. Serve with a highly seasoned sauce. A decoration of truffles may be put on top of the mold.

BALTIMORE CHICKEN

Split a spring chicken and cut in four pieces. Moisten, and sprinkle with salt, and dip in egg and fresh crumbs. Dredge with flour and place in a greased pan, and bake twenty minutes in a hot oven, basting after first ten minutes with melted butter. Remove to a hot dish and serve with a white sauce made of one tablespoon of flour, one of butter, one cup of milk, salt and pepper. Garnish with fingers of toast or fried mush.

MENUS

Where's the cook? Is supper ready, the house trimmed, rushes strewed, cobwebs swept?

SHAKESPEARE.

BREAKFAST MENUS

Sliced Pineapple
Boiled Rice
Hashed Browned Potatoes — Whole Wheat Gems
Cocoa

* * *

Oranges
Hominy
Baked Bananas — Potato Cakes — Toasted White Bread
Cereal Coffee

* * *

Fresh Strawberries
Baked Mush — Maple Syrup
Minced Potato — Graham Hurry-Ups
Cereal Coffee

* * *

Grape Fruit
Toasted Rice Flakes
Fried Mush — Currant Gems
Buttermilk

* * *

Malaga Grapes
Shredded Wheat Biscuits
Fried Tomatoes — Corn Cake
Chocolate

Bananas
Cream of Wheat
Fried Bread with Cheese — Corn Gems
Hot Malted Milk
* * *
Oranges
Bran Mush
Mushrooms in Cream — Parker House Rolls
Cocoa
* * *
Baked Sweet Apples
Toasted Corn Flakes — Cream Toast
Grape Juice
* * *
Apples
Pearl Barley
Sliced Potatoes in Cream — Whole Wheat Bread
Cereal Coffee
* * *
Grape Fruit
Rolled Oats
Potato and Onion Hash — Rice Muffins
Cocoa
* * *
Grape Fruit
Mush
Baking Powder Biscuit — Honey
Cereal Coffee
* * *
Oranges
Farina
Creamed Potatoes — Corn Muffins
Cereal Coffee
* * *
Cereal with Stewed Figs
Cheese Soufflé — Entire Wheat Muffins
Cereal Coffee or Cocoa

Baked Bananas
Uncooked Cereal
Lyonnaise Potatoes Buckwheat Cakes and Syrup
Cereal Coffee or Cocoa

* * *

Coddled Apples
Cereal with Cream
Boiled Fondue Whole Wheat Rolls
Cereal Coffee

* * *

Malaga Grapes
Wheatena
Potato Balls Rye Biscuits
Cereal Coffee

* * *

Blackberries
Oatmeal Griddle Cakes
Fried Bread with Cheese
Cereal Coffee

* * *

Figs
Rice
Hoe Cake Hashed Brown Potatoes
Cereal Coffee

* * *

Huckleberries
Cream of Wheat
Broiled Tomatoes Gluten Gems
Cocoa

* * *

Prunes
Hominy
Banana Baked Cream Biscuits
Cereal Coffee

Cantaloupe
Corn Flakes
Rice and Cheese Ash Cake
Cereal Coffee

LUNCHEON MENUS

Asparagus Tips on Toast
Stewed Tomatoes Cottage Cheese
Prune Fluff
* * *
Creamed Okra on Toast
Lettuce Sandwiches Apple Sauce Banana Salad
Date Surprise
* * *
Spinach on Toast
Steamed Rice Strained Honey
Plum Sauce Ginger Bread
* * *
Escalloped Potatoes String Beans
Cream Cheese Prune Sauce
Cherry Bread
* * *
Date Toast
Hominy Somerset Sandwiches
Orange Fluff
* * *
Russian Toast
Breaded Tomatoes Pineapple Sauce
Banana Dessert Wafers
* * *
Chestnut Flour Soup
Fried Mush Date Sandwiches
Pineapple Tapioca
* * *
Rice Soup
Potato Croquettes Cottage Cheese
Tomato Sandwiches
Malaga Grapes

Vegetable Bouillon
Steamed Rice with Tomato Sauce — Fruit Crackers
Honey Apples
* * *

Escalloped Tomatoes
Creamed Corn — Pearl Barley with Dates
Baked Apple Jelly
* * *

Asparagus Broth
Creamed Hominy — Apple, Cheese and Nut Salad
Fig Tapioca Whipped Cream
* * *

Tomato and Celery Soup
Potato and Rice Patties — Green Peas
Lettuce French Dressing
Prune Fluff
* * *

Tomato Bouillon
Cheese on Toast
Orange Jelly Whipped Cream
English Walnuts
* * *

Cream of Rice Soup
Baked Tomatoes on Toast — French Salad
Cocoanut Blancmange
* * *

Cream of Spinach Soup
Hashed Brown Potatoes — Cornmeal Bread
Peanut Butter Sandwiches
Apple Sauce Cake
* * *

Welsh Rarebit
Stuffed Olives — Fruit Salad
Brown Bread Sandwiches
Molasses Cake

Potato Chowder
Buttered Toast Endive Salad Cheese
Baked Apple Dumpling

* * *

Split Pea Soup Croûtons
Baked Onions Stuffed with Nuts Cream Toast
Date Pudding Hard Sauce

* * *

Nut and Vegetable Stew
Fruit Macedoine
Buns White Clover Honey
Pecans

* * *

Cream of Barley Soup
Stuffed Potatoes Cheese Salad
Pineapple Ginger Snaps

* * *

Green Pea Soup
Escalloped Tomatoes Ripe Olives
Bavarian Cream Yorkshire Cake

* * *

Cream of Celery Soup
Saratoga Potatoes Head Lettuce
Brown Betty Hard Sauce

DINNER MENUS

Cream of Vegetable Oyster Soup
Boston Roast
Browned Potatoes Baked Egg Plant
Turnip Purée
Date Surprise

* * *

Potato Chowder
Macaroni au Gratin
Mashed Sweet Potatoes Fresh Spinach
Fruit Salad
Ginger Pudding

Lima Bean Soup

Irish Stew Chili Sauce

Creamed Potatoes Buttered Beets

Radishes

Lemon Pie Pecans

* * *

Tomato Bisque

Baked Beans Potato with Parmesan

Mashed Squash Celery

Cottage Pudding English Walnuts

* * *

Vegetable Soup

Mushroom Pie Baked Sweet Potatoes Boiled Onions

Cheese Balls

Brown Betty

* * *

Italian Soup

Macaroni and Kidney Beans Parisian Potatoes

Egg Plant Waldorf Salad

Chocolate Layer Pudding Pine Nuts

* * *

Cream of Corn Soup

Rice à la Mexicaine Mashed Potatoes

Vegetable Oysters Macedoine Salad

Tapioca Pudding

* * *

Cream of Potato Soap

Bananas Fried Lima Beans Mashed Turnips

Combination Salad

Oranges Filberts

* * *

Cream of Pea Soup

Macaroni with Tomato Baked Potatoes

Buttered Cauliflower Apple and Celery Salad

Cream of Rice Pudding

Cream of Bean Soup
Cornmeal Cutlets Browned Potatoes Green Peas
Lettuce French Dressing
Normandy Pudding Whipped Cream

* * *

Tomato Soup
Vegetable Marrow, Stuffed New Potatoes
Rice and Almond Molds
Stewed Green Gages Cheese Straws

* * *

Spinach Soup
Stuffed Tomatoes Potatoes Asparagus
Ginger and Cream Cheese Fritters

* * *

Cream of Celery Soup
Cucumber Stewed with Onions New Potatoes
Lettuce Salad
Cheese Pudding

* * *

Brown Potato Soup
Rice Rissoles Baked Tomatoes Spinach
Celery Salad
Clear Apples

* * *

Tomato Soup
Turkish Pilaf Cheese Balls
Corn Peas
Almond Apple

* * *

Creole Soup
Curried Vegetables Cauliflower in Cream
Puffed Potatoes Celeriac Summer Salad
German Pudding

* * *

Artichoke Soup
Tomato and Potato Pie Cheese on Toast
Almond and Raisin Pudding

Almond Soup
Curried Cauliflower and Rice Stuffed Peppers
Apple Tart Cheese Ramequins

* * *

Macaroni Soup
Chestnut Purée Onions Stewed Boiled Potatoes
Green Ginger Pudding

* * *

Manhattan Soup
Macaroni Italian Potato and Onion Pie
Squash
Baked Apples

* * *

Cauliflower Soup
Mushrooms in Cream Apple Sauce
Sauté Potatoes Mashed Turnips
Pumpkin Pie

* * *

Onion Soup
Brazil Cutlets Bread Sauce and Brown Gravy
Potatoes Seakale
Salad and Cheese
Charlotte Russe

* * *

Chestnut Soup
Macaroni and Tomatoes Apple Sauce
Mashed Potatoes Brussels Sprouts
Cranberry Pudding Celery Sticks

* * *

Black Bean Soup
Macaroni Cheese Mashed Potatoes Stuffed Tomatoes
Carrot Pudding Sauce
Olives Celery
Bonbons

SPECIAL DINNER MENUS

EASTER MENU

Cream of Celery Soup — Wafers
Radishes — Ripe Olives — Salted Almonds
Apple Fritters
Macaroni Cutlets
Potato Puffs — Fresh Asparagus — Baked Onions
Tomato Salad
Whole Wheat Bread — Graham Bread — Bran Biscuit
Pineapple Gelée — Mixed Nuts — Oranges

LINCOLN'S BIRTHDAY MENU

Tomato Soup
Celery — Ripe Olives
Hominy Croquettes — Mushroom Sauce
Baked Potatoes — Boiled Onions — Fried Egg Plant
Apple and Nut Salad — Marmalade Sandwiches
Sweet Cider — Candied Fruit — Pudding
Mixed Nuts — Apples — Oranges

CHRISTMAS MENU

Macedoine of Fruit
Julienne Soup — Croûtons
Celery — Radishes — Ripe Olives
Chestnut Pie — Cranberry Jelly
Glazed Sweet Potatoes — Creamed Brussels Sprouts
Christmas Salad
Cinnamon Buns — Bread Fingers
Plum Pudding — Nuts and Raisins
Bonbons

CHRISTMAS MENU

Fruit Cocktail
Radishes — Celery — Salted Almonds
Manhattan Soup — Toasted Squares
Rissoles — Stuffed Potatoes
Asparagus Tips — Peas

Barley Water
Head Lettuce Celery Sandwiches Cheese
Mince Pie Assorted Fruit
Cereal Coffee

CHRISTMAS MENU

Salpicon of Fruit
Tomato Bisque Rice Biscuit
Radishes Pine Nuts Ripe Olives
Curried Vegetables Sauce Diced Cucumbers
Potatoes à la Maître d'Hôtel
Spanish Onions Cranberry Sauce
Apple and Celery Salad Wafers
Caramel Ice Cream Assorted Fruit Creamed Cheese on Wafers

WASHINGTON'S BIRTHDAY MENU

Washington Chowder
Celery Radishes
Spaghetti Croquettes Cranberry Jelly
Baked Sweet Potatoes Buttered Cauliflower Italian Beets
Potato Salad
Whole Wheat Bread Fruit Bread
Apple Sauce
Cherry Pie Gingerbread
Oranges English Walnuts
Cereal Coffee

ST. PATRICK'S DAY MENU

Cream of Spinach Soup
Celery Bread Sticks
Hot Pot Cucumber Jelly
Mashed Irish Potatoes Fresh String Beans
Creamed Corn au Gratin
Combination Green Salad
Whole Wheat Bread Toasted Rice Biscuit
Apple Roll Almonds Apples
Iced Ginger Ale

FOURTH OF JULY MENU

Iced Tomato Bouillon Whipped Cream
Savory Tomatoes
Stuffed Potatoes Peas in Cream Fresh Asparagus
Summer Salad
Rice Biscuit
Chocolate Ice Cream Fresh Red Raspberries
Brazil Nuts

THANKSGIVING MENU

Cream of Chestnut Soup
Celery Radishes Ripe Olives
Nut and Cheese Roast Browned Potatoes Cranberry Sauce
Stuffed Cucumbers Fruit Salad
Nut Buns Graham Bread
Pumpkin Pie Mince Pie
Oranges Apples

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Welsh Rarebit, No. 1, 81.
Rarebit, No. 2, 82.
Rarebit, No. 3, 82.
Westover Soup, 78.
Wheatlet Mush with Fruit, 10.
Whip, Chestnut, 115.
White Bread, 16.
Layer Cake, 318.
Sauce, 183.
Sauce, Thin, 183.
Soup, 76.
Whites of Eggs à la Tomato, 312.
A l'Italienne, 306.
And Cheese Fritters, 313.
And Cheese Soufflé, 311.
And Tomatoes, 311.
And Vegetables, 309.
Baked Potatoes and, 308.
Cheese and, 311.
Curried, 312.
En Bâté, 304.
Fried, 309.
Fried in Batter, 311.
Genoese, 304.
In Cheese Sauce, 312.
In Ramequin Cases, 308.
In Soubise Sauce, 309.
Plain, Poached, 309.
Scallops of, 310.
Scrambled, 312.
Sur le Plat, 312.
Whole Wheat Bread, 18.
Wine Jelly, 230.
Malted Milk, with, 5.
Pudding, 242.
Sauce, 190.

Y

Yogurt Ice Cream, 292.
Jelly, Buttermilk or, 229.
Yorkshire Cake, 296.

Z

Zuñi Indian Bread, 26.

DIETARY STANDARDS

DIETARY STANDARD FOR MAN IN FULL VIGOR AT MODERATE MUSCULAR WORK

Condition considered	Protein	Energy
	Grams	Calories
Food as purchased	115	3,800
Food eaten	100	3,500
Food digested	95	3,200

ESTIMATED AMOUNT OF MINERAL MATTER REQUIRED PER MAN PER DAY

	Grams		Grams
Phosphoric acid(P_2O_5)	3 to 4	Calcium oxid	0.7 to 1.0
Sulphuric acid (SO_3)	2 to 3.5	Magnesium oxid	0.3 to 0.5
Potassium oxid	2 to 3	Iron	0.006 to 0.012
Sodium oxid	4 to 6	Chlorin	6. to 8.

Chart 15. Dietary Standards. **Revised Edition.**

U. S. Department of Agriculture.
Office of Experiment Stations
A. C. True, Director.

Prepared by
C. F. LANGWORTHY
Expert in charge of Nutrition Investigations.

FUNCTIONS AND USES OF FOOD

CONSTITUENTS OF FOOD

FOOD AS PURCHASED CONTAINS

- EDIBLE PORTION — Flesh of meat, yolk and white of eggs, wheat flour, etc.
  - Water
  - Nutrients
    - Protein
    - Fats
    - Carbohydrates
    - Mineral Matter or Ash
- REFUSE — Bones, entrails, shells, bran, etc.

USE OF FOOD IN THE BODY

PROTEIN---------- Builds and repairs tissue
White (albumen) of eggs, curd (casein) of milk, lean meat, gluten of wheat, etc.

FATS---------- Are stored as fat
Fat of meat, butter, olive oil, oils of corn and wheat, etc.

CARBOHYDRATES------ Are transformed into fat
Sugar, starch, etc.

All serve as fuel to yield energy in the forms of heat and muscular power.

MINERAL MATTER OR ASH--- Shares in forming bone, assists in digestion, etc.
Phosphates of lime, potash, soda, etc.

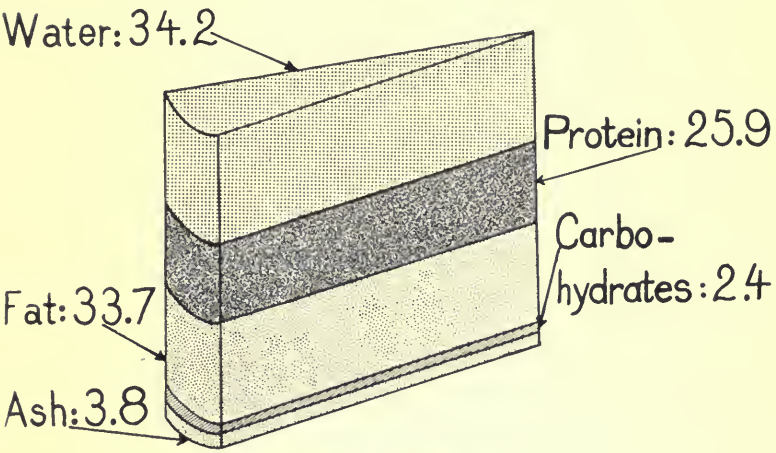
Food is that which, taken into the body, builds tissue or yields energy.

Chart 14. Composition, Functions, and Uses of Food. **Revised Edition**

U. S. Department of Agriculture
Office of Experiment Stations
A. C. True, Director.

Prepared by
C. F. LANGWORTHY
Expert in charge of Nutrition Investigations.

CREAM CHEESE

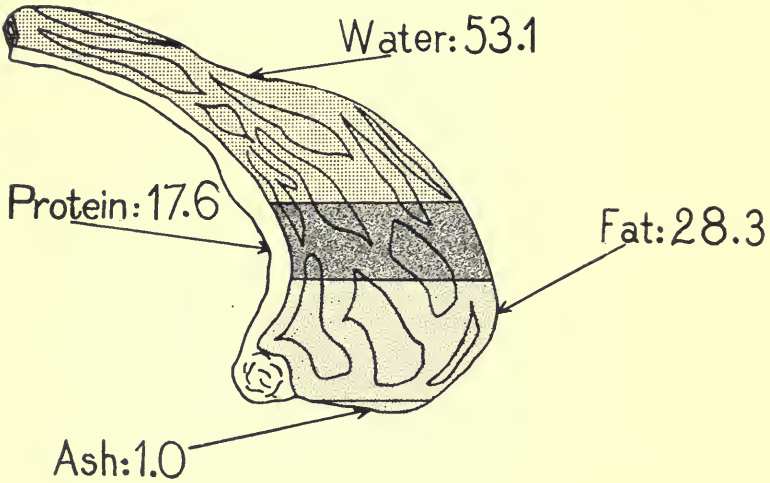


FUEL VALUE:

1885 CALORIES PER POUND

LAMB CHOP

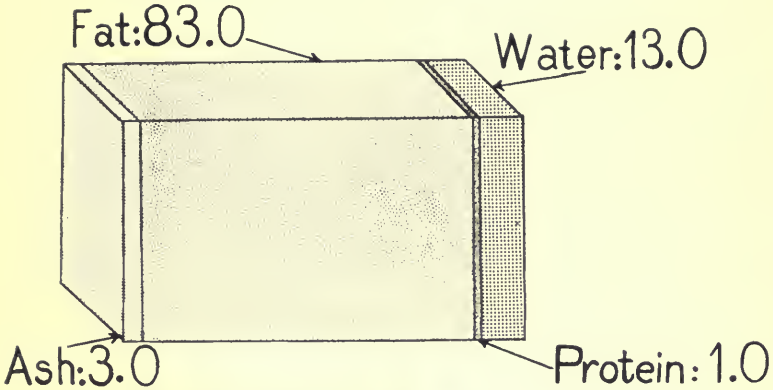
EDIBLE PORTION



FUEL VALUE:

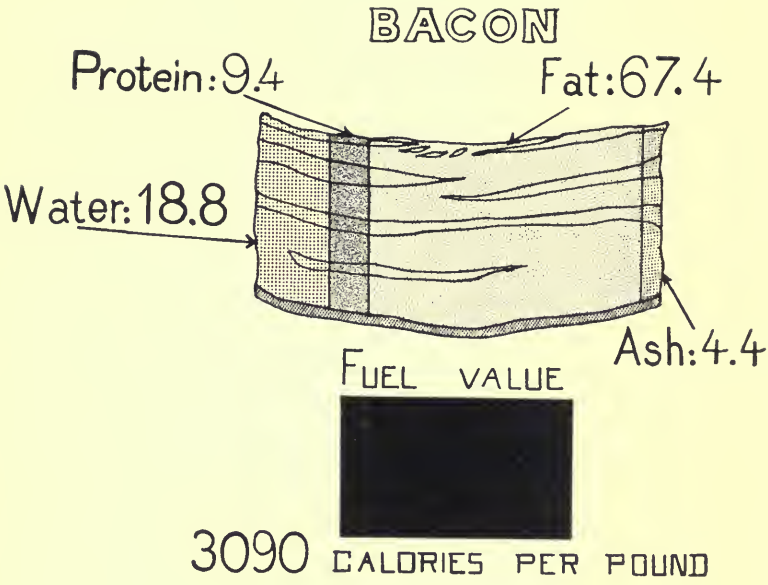
1475 CALORIES
PER POUND

BUTTER



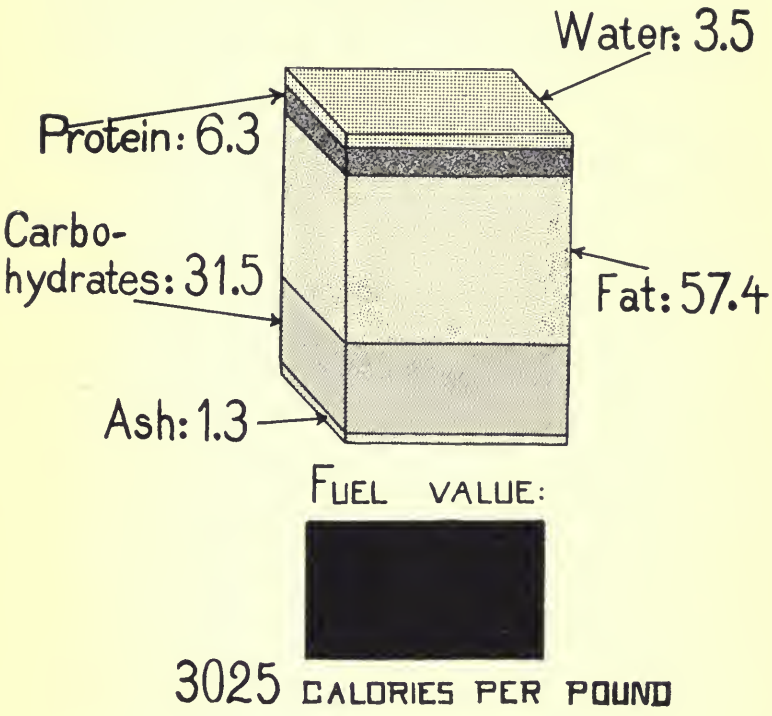
FUEL VALUE

3405 CALORIES PER POUND


BACON
Protein: 9.4
Fat: 67.4
Water: 18.8
Ash: 4.4
FUEL VALUE
3090 CALORIES PER POUND

COCOANUT

DESICCATED

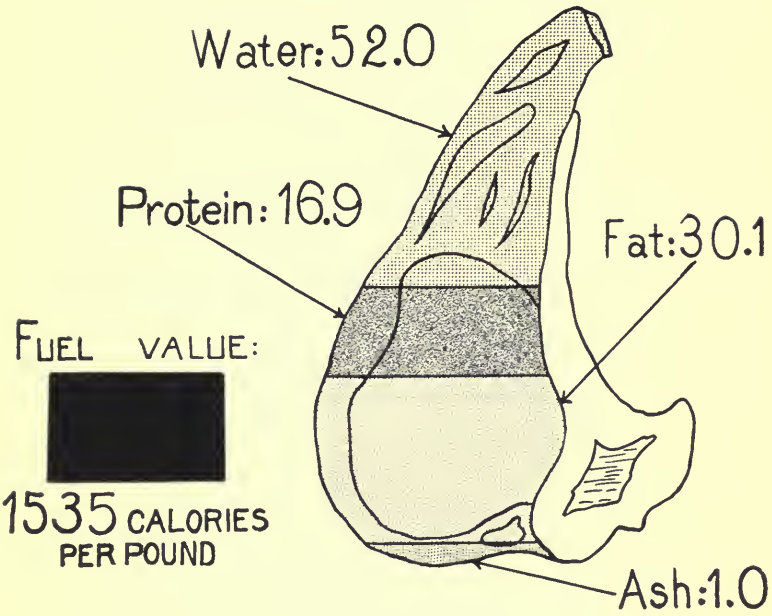


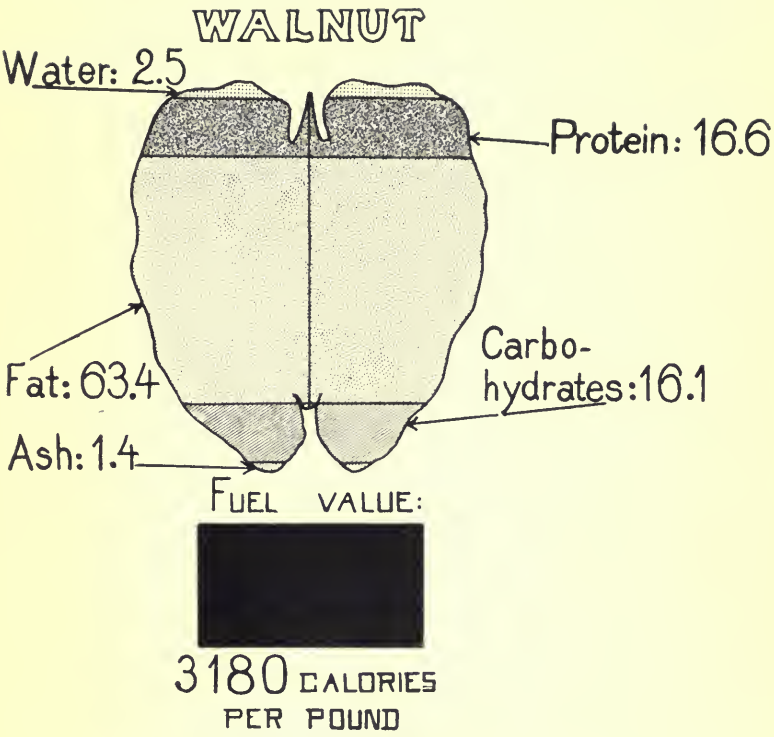
FUEL VALUE:

3025 CALORIES PER POUND

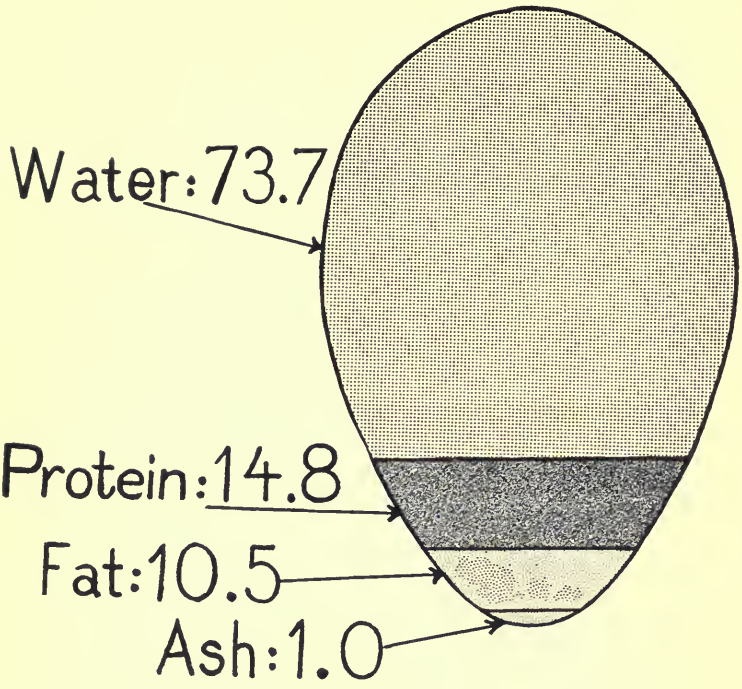
PORK CHOP

EDIBLE PORTION




WALNUT
Water: 2.5
Protein: 16.6
Fat: 63.4
Carbo-
hydrates: 16.1
Ash: 1.4
FUEL VALUE:
3180 CALORIES
PER POUND

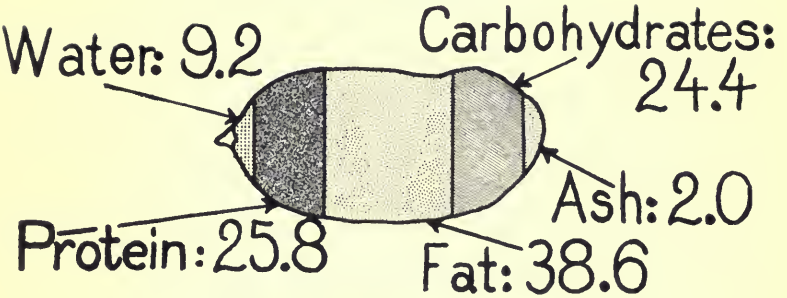
WHOLE EGG



FUEL VALUE OF WHOLE EGG:

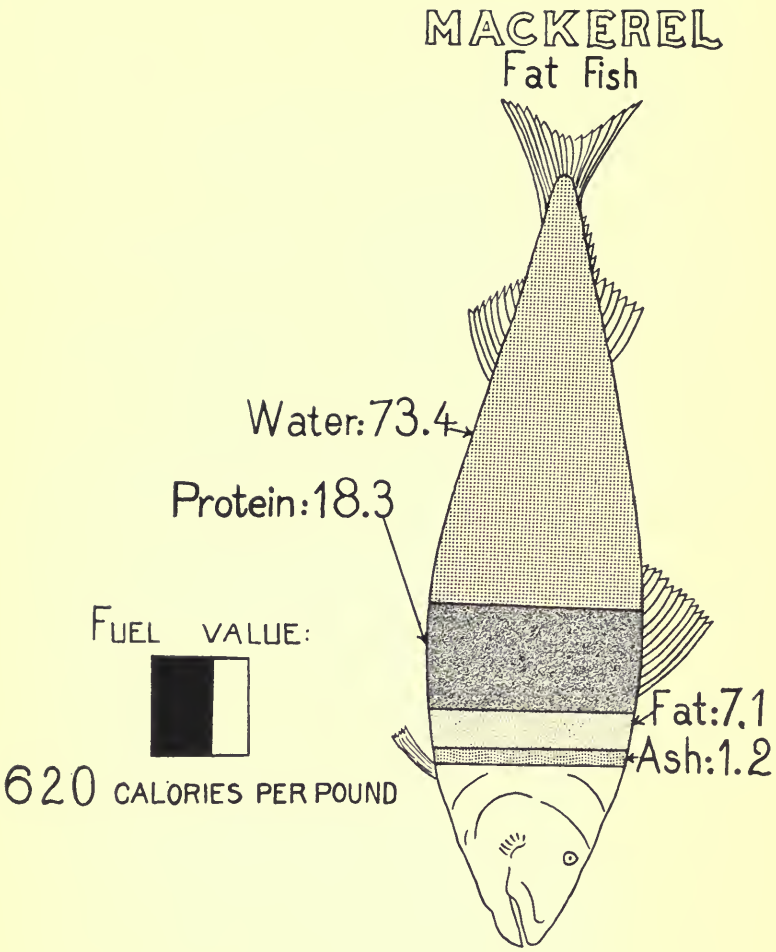
695 CALORIES PER POUND

PEANUT

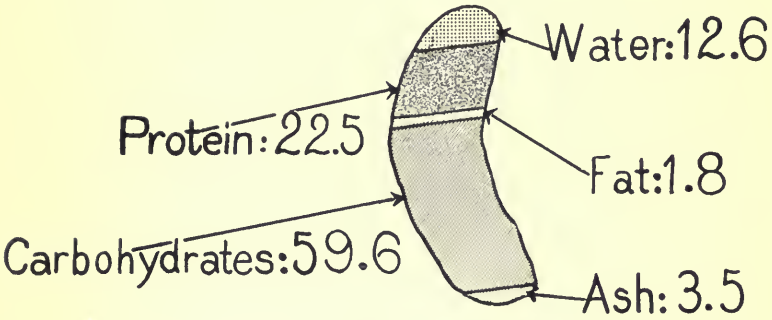


FUEL VALUE:

2485 CALORIES PER POUND


MACKEREL
Fat Fish
Water: 73.4
Protein: 18.3
FUEL VALUE:
620 CALORIES PER POUND
Fat: 7.1
Ash: 1.2

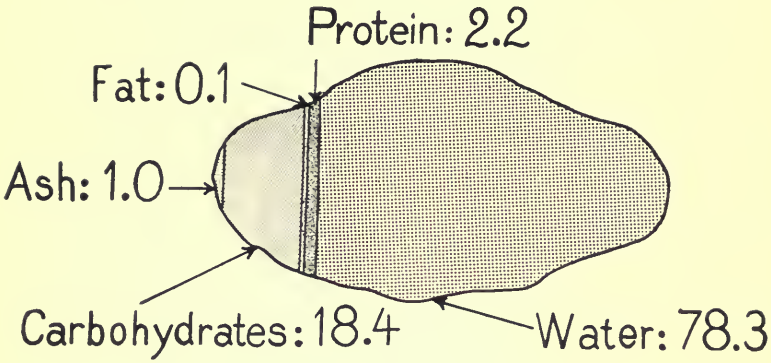
NAVY BEAN, DRY.



FUEL VALUE:

1560 CALORIES PER POUND

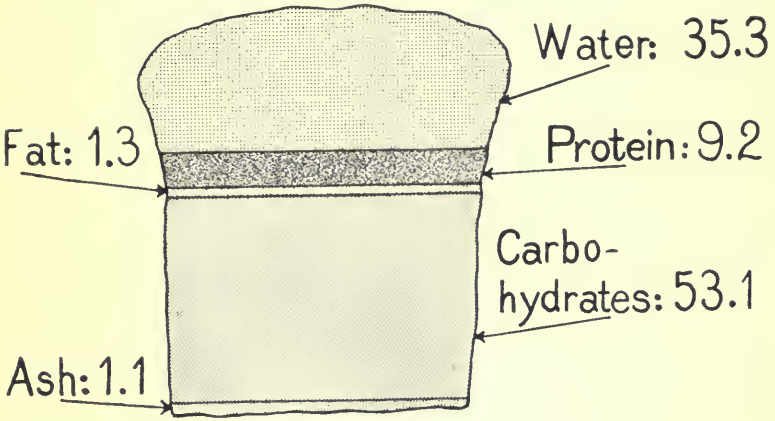
POTATO



FUEL VALUE

375 CALORIES PER POUND

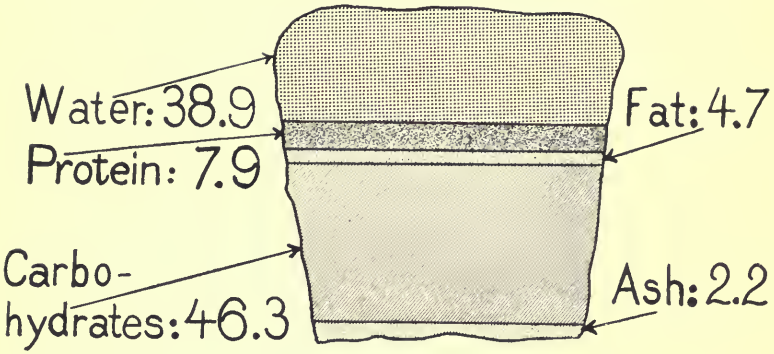
WHITE BREAD



FUEL VALUE:

1180 CALORIES
PER POUND

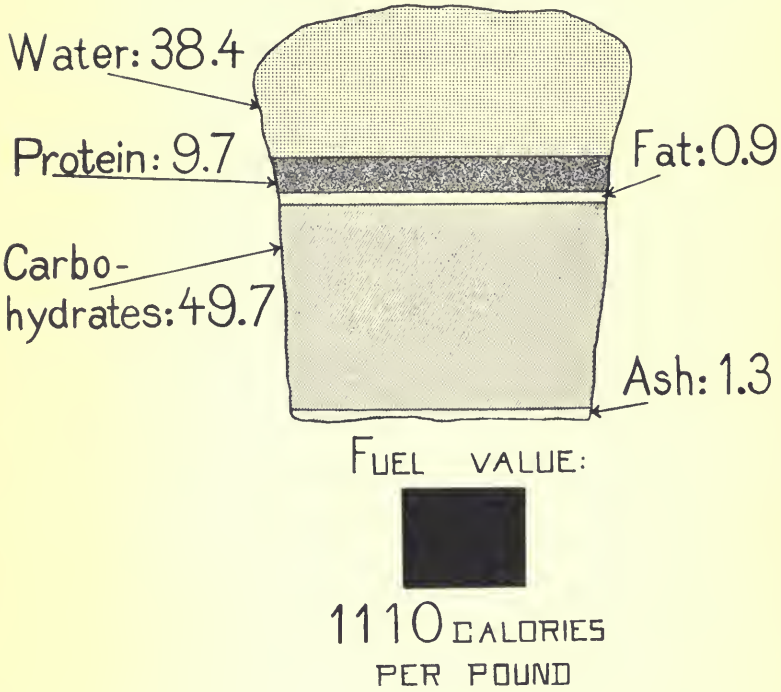
CORN BREAD



FUEL VALUE:

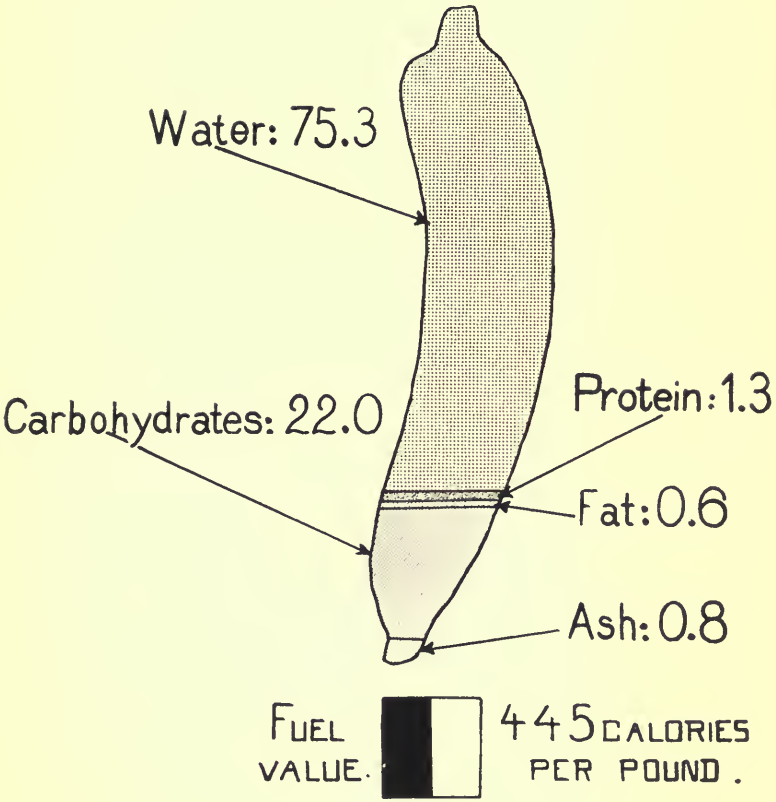
1175 CALORIES
PER POUND

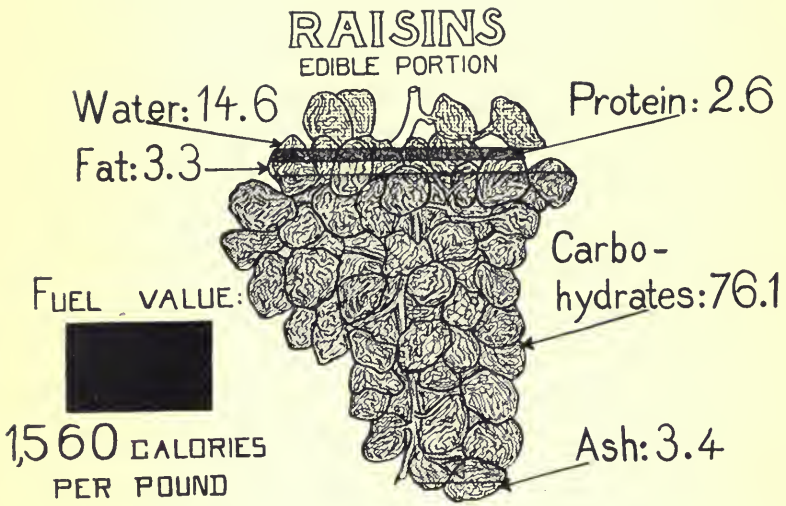
WHOLE WHEAT BREAD



BANANA

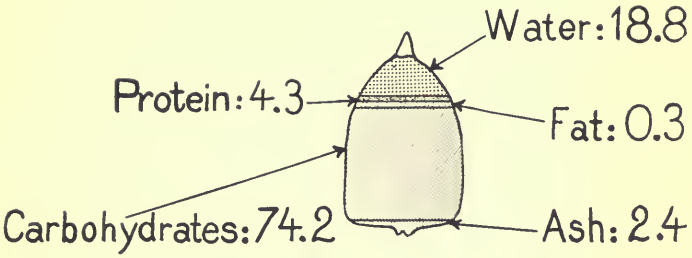
EDIBLE PORTION




RAISINS
EDIBLE PORTION
Water: 14.6
Fat: 3.3
Protein: 2.6
Carbo-
hydrates: 76.1
Ash: 3.4
FUEL VALUE:
1,560 CALORIES
PER POUND

DRIED FIG

EDIBLE PORTION



FUEL VALUE: 1435 CALORIES PER POUND

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